
GUILT-FREE PASTA THE NUTRITIOUS WAY TO GET YOUR FIX
COULD YOU HAVE IBS? HOW TO COPE IF THE ANSWER IS YES
8 UPPER-BODY MOVES THAT WILL TAKE YOU BEYOND BUFF
GROW YOUR OWN: CREATE AN EDIBLE GARDEN
WHOLE LIVING
body+soul
A MARTHA STEWART PUBLICATION
TURN HERE FOR OUR BIG NEWS!
HEALTHY FOR LIFE!
52 WAYS TO TAKE CHARGE OF YOUR WELL-BEING
BETTER THAN THERAPY
THE BENEFITS OF HANDS-ON WORK
P. 82
+ CLEAR SKIN NOW
Your full-body guide to a healthy glow
P. 53
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whole living

body+soul in balance

A MARTHA STEWART PUBLICATION

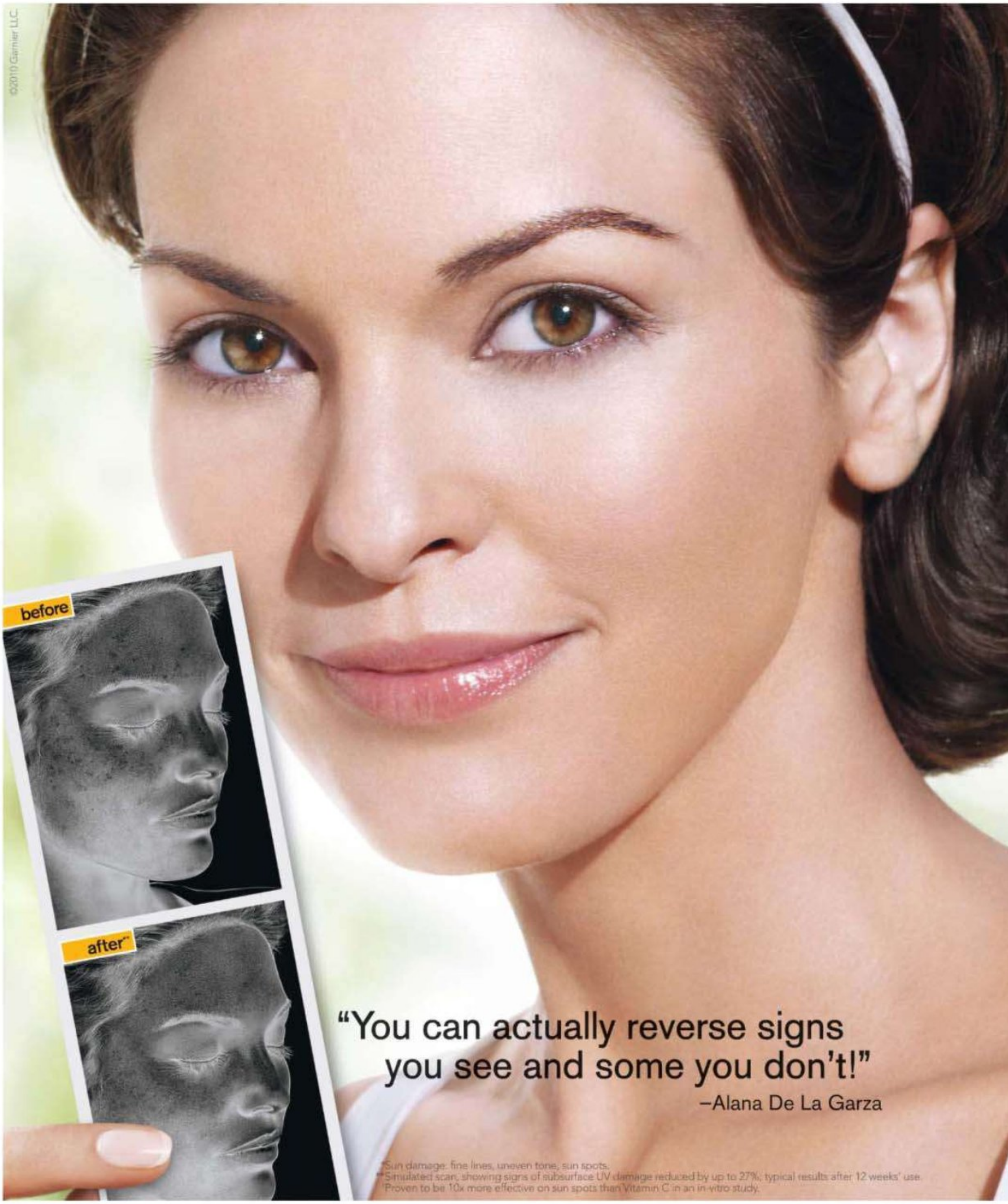


NEW NAME, SAME HEALTHY OUTLOOK

RIDE A BIKE!

THE LOW-IMPACT WAY TO GET EVERYWHERE YOU WANT TO GO

P. 102

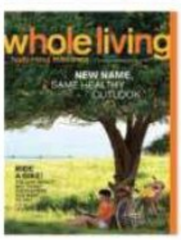

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before
after**
"You can actually reverse signs
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–Alana De La Garza
*Sun damage: fine lines, uneven tone, sun spots.
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WHOLE LIVING STARTS HERE





SEEING DOUBLE What better way to celebrate our new name than to show the satisfaction of whole living—and the pleasure of getting there on your own steam?

Seven years ago, when the first issue of *Body+Soul: Whole Living* was published, we lived in a world of a different color. Al Gore's *An Inconvenient Truth* hadn't yet turned on a lightbulb (make that a CFL) for much of the population, the term "locavore" had yet to be coined, yoga was a growing but still somewhat rarefied discipline, and alternative health practices, from acupuncture to biofeedback, were just that: little-known alternatives that felt out of reach for many Americans.

Today, the world looks much greener and more hopeful. The number of local farmers' markets has exploded, reaching nearly 5,300; at least 83 million Americans have embraced complementary health care; and "BYOB" is as likely to refer to reusable bags as to booze. This magazine has long been at the forefront of the movement to live a healthier, more sustainable, and balanced life—what we call "whole living": total wellness for mind, body, soul, and planet. And you, our readers, have been there every step of the way.

We couldn't be happier about this cultural change and the opportunity it affords us to reach an even bigger audience interested in these worthy goals. That's why, starting now, we will begin to publish under the title *Whole Living*, with the tagline "Body + Soul in Balance." This evolution allows us to unify everything we do under a single name: our Web site, wholeliving.com, which has seen robust growth in the past year, thanks to you; our daily *Whole Living* radio show on Sirius/XM, hosted by senior features editor Terri Trespicio (7 a.m. PDT/10 a.m. EDT; Sirius 112/XM 157); plus other projects we're working on to help make a balanced lifestyle easier and more accessible.

In this issue, you'll see we've made a few other changes, too:

10 THOUGHTS ON WHOLE LIVING: We heard you! This inspiring call to action and reflection is back by popular demand and has assumed its new position on page 87.

LIVING IT: Every issue we'll highlight an individual who's been inspired to make healthy or eco-friendly changes in her own life and recount how she did it (p. 32).

IN BALANCE: Subtitled "Uncommon Wisdom from Extraordinary Minds," this section culls the insights of thought leaders in areas from green living to spirituality (p. 119).

Thank you to everyone who wrote in over the past few months to share what the magazine means to you, and what you want to see more of (or less). Maintaining this connection with our readers is crucial, so please write me at editor@wholeliving.com and let me know what you think. Your voice makes a difference!

Alex

Alexandra Postman, Editor-in-Chief

photograph by John Dolan, hair and makeup by Sara Johnson, wardrobe by Sabine Feuilloley; blazer and jeans by Stella McCartney, T-shirt by T. Monrow, and jewelry by Mociun.


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WARDROBE STYLING BY
Albert Mendonca

HAIR AND MAKEUP STYLING BY
Dale Johnson

ON THE COVER

photograph by Ditte Isager, wardrobe by Albert Mendonca, hair and makeup by Dale Johnson

contents JUNE 2010



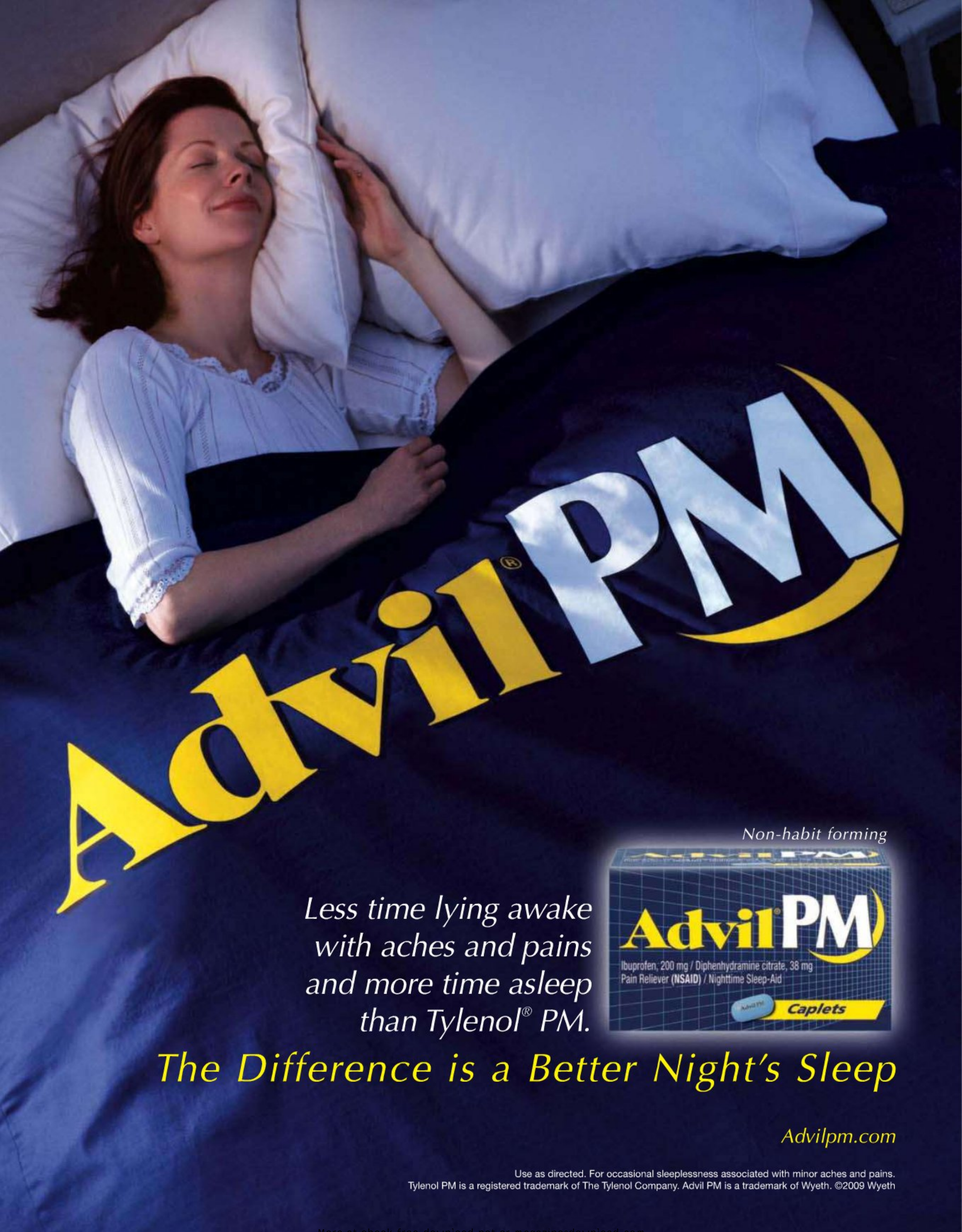






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photographs clockwise from left: Raymond Hom (2), Manuel Rodriguez, John Dolan


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Savor Summer With Blueberry

Celebrate a totally new and different flavor from the juice experts at Ocean Spray: blueberry! Add delicious *Ocean Spray Blueberry Juice Cocktail* to these recipes and enjoy a refreshing taste that's always in season.



Add a burst of blueberry for a fresh new flavor

Blueberry Smoothie

1¼ cups Ocean Spray® Blueberry Juice Cocktail, chilled

¾ cup Ocean Spray® Fresh Blueberries, cleaned and rinsed

1 cup vanilla yogurt or vanilla frozen yogurt

Combine blueberry juice cocktail and blueberries in a blender. Cover; blend on high speed until mixture is smooth. Add yogurt; blend until thoroughly combined.

MAKES TWO SERVINGS



Blueberry-Mint Lemonade



Blueberry Bran Muffins

For the recipes, go to oceanspray.com.





Introducing Blueberry Juice Cocktail from Ocean Spray.

Available in regular and Diet, these refreshing options are sure to keep you in that lighthearted summer spirit all year. Plus, every glass has a dose of Vitamin C, so it tastes good and it's good for you, too!

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Blueberry Juice Drinks from concentrate. ©2010 Ocean Spray Cranberries, Inc.

whole life action plan

WHOLE LIFE ACTION PLAN

June 2010

Summer is ruled by the element of fire, which symbolizes activity, passion, and potential, according to Traditional Chinese Medicine. Follow our day-by-day plan for making small changes toward whole living, and get your season off to a red-hot start. Find more daily challenges at **wholeliving.com.**

1 TUESDAY

Morning ritual: Salute the sun

Wake up mind and body with this traditional yogic exercise that links 12 poses in one seamless flow.

You'll get your heart pumping while promoting joint and muscle flexibility. Start by challenging yourself with five sun salutations, then increase by five a week until you reach 20.

Forget how it goes? Get a refresher at wholeliving .com/sun-salute.



WEDNESDAY

2 **Today is National Leave-the-Office-Earlier Day**

Do just that, but don't schedule anything! Dare to see where your wide-open weekday afternoon takes you.

[3 4 5]

SATURDAY

6



Pop more antioxidant-rich berries

They're in season and inexpensive! Eat them alone or add to a salad. Over a bed of greens, toss together sliced strawberries, fennel, and orange with 1½ Tbsp. fresh lemon juice and 1 Tbsp. extra-virgin olive oil. Add salt, pepper, and orange zest to taste. For more berry recipes, visit **wholeliving.com/ photogallery/berry-recipes.**



MONDAY

7 NATIONAL SUN SAFETY WEEK

Reduce your chances of skin cancer—apply sunscreen by the book. Slather yourself head to toe with 25+ SPF after your shower every day this week (and remember to reapply).

[8 9 10 11]

SATURDAY

12

TRY A NEW VEGETABLE

Next time you're at the farmers' market, spring for a type of produce you've never tasted before. Ask the farmer how to cook it, or look up veggie recipes at **wholeliving .com/vegetarian-recipes.**

[13 14 15 16 17 18 19]



SUNDAY

20

FATHER'S DAY!

Today, think about one unforgettable lesson your father taught you. If you can, share it with him.

MONDAY

21 SUMMER SOLSTICE **The longest day of the year almost demands that you take off your shoes and wiggle your toes in the grass.**

[22 23]

IT'S CELEBRATION-OF-THE-SENSES DAY

See if you can feed all five of yours: Listen to music with your eyes closed, gaze at a painting for a full five minutes, luxuriate in a foot rub, taste a peach, and spend a few moments just smelling the roses (the official flower of June!).

THURSDAY

24

[25 26 27 28]



TUESDAY

29



Borrow a book

Mine the shelves of your public library (and save a tree) in honor of Library Advocacy Day. And thank your librarian—quietly.

[30]

photographs clockwise from top right: Jonathan Kantor, Johnny Miller, Reed Davis, Scott and Zoe, iStockPhoto.com, Sergio Kurhajec


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WHAT'S ON THE WEB

123 Ways to Build Your Best Summer Body

TONE FROM HEAD TO TOE
Find targeted solutions for your arms, legs, abs, back, and more. Plus, a bonus no-sweat summer workout.

GET HEALTHY, INSIDE + OUT
Stock up on seasonal foods, lose weight by working with your body (not against it), protect yourself from summer health risks, and enjoy stress-free travel and balanced eating on the road.

LOOK YOUR BEST
Natural solutions for healthier hair and glowing skin, and DIY spa treatments—including a homemade soother for tired feet.

EASY NO-COOK RECIPES
Cool down with our favorite low-fat, low-calorie, low-effort meals and snacks.

Find all this and more at wholeliving.com/best-body.



BONES OF STEEL
Try our simple, low-tech workout for stronger bones at **whole living.com/healthy-bones**.

+CHECK OUT OUR NEW EXPERT BLOG
Get daily advice and inspiration, in areas from fitness and nutrition to meditation and home organization, at **wholeliving.com/blog**

CONSERVE
Offset your AC usage by taking energy-saving steps at home. Get tips at **wholeliving.com/eco-summer**

SIP
Chill out with an herbal iced tea, frozen lemonade, or sparkling cocktail with recipes from **whole living.com/summer-drinks**

REST
How'd you sleep last night? Find out whether your go-to position is sabotaging your shut-eye at **whole living.com/sleep-positions**


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READER TO READER

What's your healthy-eating tip?

This month's winner

My family and I signed up for a biweekly delivery service of local, seasonal, and organic fruits and vegetables. It has greatly diversified our diet, and we've had fun planning menus together. We've discovered we love kale, dandelion greens, and even kohlrabi. Plus, because the food is provided by local growers, it arrives fresher and faster—with less impact on the environment.

CARRIE S., *Port Orchard, WA*

TWEETED

"I'm making granola from a recipe in body+soul. Does that make me crunchy?"

—ALLTHINGSFADRA

Keep it within reach

I make sure the most nutritious food is visible and readily available: I cut up fresh fruit and vegetables in advance and put them in see-through plastic or glass containers. When my sons open the fridge, the good stuff is the first thing they see. It takes a little planning, but it's worth it.

PATTI G., *Wayland, MA*

Log on

Follow food and fitness blogs. When you read about the struggles and achievements, you get a glimpse inside the minds of others just like you. Plus, looking at their pictures of food and healthy recipes encourages me to make better choices.

NIKKI B., *Allentown, PA*

Get real

One simple tip has never steered me wrong: Eat real food. We feel good about ourselves when we purchase products that boast "Contains real strawberries!" on the label. But when did we decide it was OK to eat foods filled with artificial ingredients in the first place? If I must eat something from a package, I make sure I understand every ingredient on the label, and that it's something I'd have in my own kitchen.

VICKI M., *McCleary, WA*

Be prepared

I avoid putting myself in a situation where I'll be stuck somewhere without food on hand. Wherever I'm going, I bring a bag or two of nuts or energy bars, something to carry me over. I usually end up sharing it!

KELLY L., *Tallahassee, FL*

Pace yourself

What fun is life if you deny yourself simple pleasures? Whether I'm home or dining out, I certainly don't pass up every indulgence, such as a small slice of cheesecake now and then. Just have one piece, knowing you can have more another time. This way, you can satisfy your craving without sacrificing your health or your waistline.

ALENA H., *Southfield, MI*

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photograph by Raymond Hom, prop styling by Alexandra Kane

Edy's



NEW

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In every bite.



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TWEETED

"Sitting in the sun reading @bodyand soulmag while the baby naps. Pure bliss."

—1ROCKSTARMOMMY

WHOLELIVING.COM

In the April Action Plan, we challenged you to shed excess stuff. On the chopping block: Books. Here's what you said.

NANETTE V.

Whenever people talk of "decluttering," the advice is always "get rid of books." Why is a personal library considered clutter?

CAITLIN L.

I don't think a library is clutter, but too much of anything can mess with the energy of a space. Rather than thinking of it as discarding, donate or give away things you no longer need (or love) to those who do need them. Check out booksforsoldiers.com, which ships books, DVDs, and games to deployed military.

JULIE R.

Thanks for that link! We love our personal library, but we have to either keep on top of it or build an addition to our house! Vietnam Veterans of America also takes books. They're at pickupplease.org.

KAT F.

I love this whole conversation. I'm off to check out booksforsoldiers.com. Public libraries are also among the first to feel the crunch when tax dollars get tight. I'd like to support them any way I can.

MAILBOX

First ecstasy, then the laundry

"The Meaning of Cleaning" (April) stopped me in my tracks. I'm off to do my laundry now. Thoughtfully, and with meaning.

TRINA A., *Facebook*

For years, I've laughingly referred to housekeeping chores as "makin' luv to my stuff" because it can be really satisfying when approached with the right attitude, time, energy, and good supplies. When you get that having a roof over your head, running water, and things of beauty and convenience is a privilege, if not a miracle, then having the right attitude may be the easiest part of all.

WENDL K., *New York, NY*

Where's the soul?

I've been reading *Body+Soul* for over a year, and while I usually read the magazine cover to cover, this time I found myself skipping most of it. Where's the inner-growth section? The spirituality was the best part (aside from the food, of course!). Sure, the environment is important, but our spiritual development is much more so. We can only save the earth if we are conscious of our inner selves, and this magazine has been such an inspiration. Please don't change that.

NATALIE S., *e-mail*

"I REFUSE TO HAVE *BODY+SOUL* DELIVERED TO MY HOUSE. I HAVE IT DELIVERED TO MY POST-OFFICE BOX SO IT DOESN'T GET SENT TO THE WRONG ADDRESS."

ALMA W., *e-mail*

"Bring back 10 Thoughts!" Well, OK then.

The change in our back page was met with some heated discussion! Don't worry, you can now enjoy the return of senior features editor Terri Trespicio's 10 Thoughts on page 87.

I KNOW CHANGE IS GOOD, and I can't expect your magazine to stay the same forever, but that last page was my favorite part. Every quote seemed perfect for what I needed to hear right then. The Whole Truth is nice, but it's similar to a lot of other magazines. I beg you to reconsider.

JENNIFER S., *Facebook*

AGREE. Please put them back. I love to read them when times are difficult.

GINGER J., *Facebook*

OMG! YOU MUST PUT 10 THOUGHTS BACK IN! I post those thoughts on Facebook!

KRISTEN L., *Facebook*

I LIKED THE OLD BACK PAGE better than the new arrival. I hang it prominently for a daily and monthly reminder. Repetition reinforces positive change.

MARA O., *Facebook*

IT'S WHAT I LOOK AT FIRST in every issue, and this month it wasn't there. :(

CATHERINE K., *Facebook*

IT'S ALWAYS BEEN A SUCCINCT, eloquent summation of each issue. I already miss it.

KATHY B., *Facebook*

I ALWAYS LOVED 10 THOUGHTS, BUT I really enjoy its replacement, The Whole Truth. I grabbed a journal and answered those questions myself!

CAROL K., *e-mail*

Join us! **wholeliving.com/community**

whole life



COMPOSTABLE CHIC

Step up the backyard barbecue with Wasara tree-free picnicware (from $9 for 12 small plates to $18 for a sample kit that includes all 14 pieces; *branchhome.com*). Made from 100 percent renewable sugarcane fiber, bamboo, and reed pulp, the line includes plates, bowls, cups, and trays. Each item is biodegradable, and the swoopy shapes by Japanese designer Shinichiro Ogata are easy to grip when they're loaded up with potato salad.

ONLINE For 30 easy-to-pack summer recipes, go to **wholeliving.com/picnic-food**

photograph by Raymond Hom, styling by Julie Ho



BLOOD ORANGE SORBET BY CIAO BELLA
It has 80 percent of your daily value of vitamin C and a sweet tartness that's the real deal. $1.50 for a single-serve cup; *wholefoods.com for stores*

TASTE TEST

COLD COMFORT

Those of us who remember bounding down the block at the first ding of the ice cream truck know nothing says summer like an icy treat. Out of the dozens we tried, these four satisfied our seasonal cravings best. Each is under 225 calories with less than 15 grams of fat, so slurp away. —SARI LEHRER





MINIS BY SO DELICIOUS
Creamy coconut ice cream encased in a crackly sheath of almond-studded chocolate. This dessert tastes so decadent, we can't believe it's dairy-free. $4.50 for 4; *turtlemountain.com for stores*



ICE CREAM SANDWICH COOKIES BY JULIE'S ORGANIC
Featuring thick, chocolaty biscuits and satiny vanilla ice cream, these tasty little disks are also organic and gluten-free. $6 for 4; *juliesorganic.com for stores*



RASPBERRY SHERBETTER BARS BY GAGA
The pure fruit flavor sold us on this sherbet bar. The amazing texture—creamy and nubbly, flecked with puréed raspberries—transported us. $5 for 5; *gonegaga.net for stores*



GREAT IDEA

SPICE RACK TO GO

Perfect for a summer rental, the Mobile Foodie Survival Kit has 16 organic seasonings, plus hot sauce, soy sauce, and wasabi powder in a compact tin. $35; *foodiekits.com*





WE TRIED IT

A BETTER BOTTLE

The Bobble has way more going for it than just the Karim Rashid design: BPA-free recycled plastic and a recyclable filter. $10; *container store.com for stores*

photographs by Raymond Hom, prop styling by Julie Ho, food styling by Sarah Carey, Bobble photograph courtesy of the manufacturer







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LIVE WELL.

ECO-TRAVEL

HERTZ LEARNS TO SHARE

The rental giant has ventured into car sharing with its Connect by Hertz program in 24 U.S. cities and counting. Members can reserve a fuel-efficient vehicle for rates starting at $10 an hour (gas, insurance, and GPS included). *connectbyhertz.com*



WHOLE GIVING

SPECIAL DELIVERY

Frustrated by the lack of quality medical care for women and children in the developing world, Massachusetts-based former physician's assistant Elizabeth Sheehan found a new way to help. Her nonprofit, **Containers to Clinics**, converts discarded metal shipping containers into mobile, eco-friendly health clinics and just deployed a prototype to Haiti. Support the cause at *containers 2clinics.org*. —HILLARY GERONEMUS



>> Great Sand Dunes National Park



^^ General Sherman Tree



^^ Finger Lakes



^^ Mammoth Cave National Park

QUICK TRIPS

HIDDEN WONDERS

Americans are visiting national parks in record numbers. (Thanks, recession!) Pass up the crowds at the Grand Canyon and Niagara Falls for these lesser-known beauties.

Great Sand Dunes National Park, CO North America's highest sand dunes cover 39 square miles and can reach as high as 750 feet. The ever-shifting peaks are ideal for sandboarding, skiing, or sledding.

General Sherman Tree, Sequoia National Park, CA This forest skyscraper, named after Civil War general William Tecumseh Sherman, is 275 feet tall and the largest tree (by volume) in the world.

Finger Lakes, NY Spread out like handprints, these 11 narrow, roughly parallel bodies of water (thought to be formed by glaciers that carved stream valleys during the ice age) contain more than a thousand waterfalls between them. Seneca Lake is one of the deepest in the United States, at 630 feet.

Mammoth Cave National Park, KY The longest cave system on earth—tens of thousands of acres—is under the sandstone-capped ridges of central Kentucky. More than 367 miles of passageways have been explored, but there's still no telling where this sprawling landmark really ends. —AMANDA PRESSNER

photographs clockwise from top right: Seth Joel, Michele Falzone, Matt Champlin, Stephen Alvarez, iStockphoto.com



Don't talk with your mouth full. But it's perfectly OK to smile.



For some, it's all about the 100 calories, top and bottom together. For others, the great taste. Everyone agrees Sandwich Thins® rolls are perfect for anything from a light turkey club to a juicy grilled burger. Because each one is made with whole grains and is low in fat, they're just right. All the time. To find us at a store near you, visit sandwichthins.com

Bread Perfected.

	Calories	Fiber	Fat
Arnold Sandwich Thins®	100	5g	1g

ANATOMY OF ...

THE PERFECT SUNGLASSES

Your shades do more than just make you look cool; they're essential for protecting eye health year-round. If you're in the market for a new pair this summer, keep in mind these shopping parameters from the experts. And check out our picks for some of the season's best rule-following styles. —SARAH ENGLER



THE LENS
Look for a UV protection rating of 400, and get darker shades if your eyes are light-sensitive, says Andrea Thau, M.D., spokesperson for the American Optometric Association. Shatterproof polycarbonate plastic is inherently protective, and gray lenses distort color the least.

>> ANGIE BY FOSSIL, $50; *BELK.COM*

THE BRIDGE
Glasses should rest between your brow and cheekbones, says Gail Royal, M.D., of the American Academy of Ophthalmology. So if you've got a narrow nasal bridge, opt for nose pads.

THE FIT
The lenses should cover your eyes and the delicate skin around them. Pick frames that are as wide as your face, with a snug (but not tight) fit behind the ears.

THE FRAME
Sweat, makeup, and sunblock can cause chemical reactions in frames that contain nickel. Look for high-quality metals such as titanium, or choose plastic.



^^ 2963-S BY PERSOL, FROM $310; *ILORISTYLE.COM FOR STORES*



^^ HINDER BY OAKLEY, FROM $170; *OAKLEY.COM*



^^ OUTDOORSMAN II BY RAY-BAN, FROM $129; *RAY-BAN.COM*



^^ NW1213053 BY NINE WEST, $42; *NINEWEST.COM FOR STORES*



UPCYCLED FIND

WE'LL DRINK TO THAT

Playback's supersoft tees contain no dye and are named for the recycled items from which they're made: Water Cooler Blue, Soda Bottle Green, and Beer Bottle Brown. $22 each; *playback clothing.com*

713

GALLONS

Amount of water required to grow enough cotton for one long-sleeve T-shirt, according to the Water Footprint Network

photographs by Raymond Hom, prop styling by Julie Ho


AUBREY® ORGANICS
100% natural since 1967
Protect the Earth… Promote the well-being of people… Nourish the Spirit
Our commitment to the Earth is not a recent trend. It has been rooted in our heart and soul, and our way of doing business, for over 40 years.
How do we leave the Earth in better shape than it is today? One way is creating products from natural, non-petrochemical ingredients that biodegrade without harm to the environment. Another way is to use as much biodegradable, recyclable, and post-recycled material in our packaging as possible. A product's life cycle extends beyond when it's rinsed off or thrown away; we know that the final disposition of a product is as important as its inception.
Another way is supporting sustainable, natural, and organic farming techniques. Obtaining organic ingredients can be more expensive – but eventually, it pays off for all of us.
Future generations count on us to be responsible stewards of the Earth. Our goal is to steer toward a clean, safe, non-toxic world, and we're grateful to you for supporting our efforts.
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Ideal for Children
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NATURAL SUN
SPF 25
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Sunscreen
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www.Aubrey-Organics.com
Fifth in an 8-part series
6BS0

READS THAT FEED

Safe As Houses?

Two gimlet-eyed writers get real about real estate, and what we let it mean in our lives.



Book Bag

Life Would Be Perfect If I Lived in That House by Meghan Daum (Knopf)

Dear Money by Martha McPhee (Houghton Mifflin Harcourt)

ONLINE See more of this year's editors' picks at **wholeliving.com/book-reviews**

WHEN MY HUSBAND AND I bought our house, I floated through a harrowing renovation on the promise that there would be no more pressing my nose against the windows of other people's homes—and lives—all of them seemingly better than my own. I believed that real adulthood arrived only with a mortgage, and the glint of stainless-steel appliances and ikat pillows arranged just so on the sofa. Like millions of others who caught the tail end of the American real estate dream, I know better now.

As does Meghan Daum. In her memoir, *Life Would Be Perfect If I Lived in That House*, Daum, a single, childless thirtysomething, describes her travels from New York City to Nebraska to Los Angeles in search of a home to call her own. "As long as there was a new house on the horizon, I had a shot at redemption, transformation, or at least new and better paint colors," she writes. "If I could live everywhere, I reasoned unreasonably, maybe I could live forever."

Daum was raised by parents who settled in a New Jersey suburb yet were enamored with Manhattan; they even installed a phone line with a 212 area code for her freelance musician father's "business" number. There's a sense that Daum's later obsessive quest to find the right house in the right city is an effort to both satisfy, and compete with, her parents. But when Daum finally gives in to real love and allows her boyfriend to move in, she also gives in to the chaos of folding another person into her existence, and her obsession loosens: The clutter of her boyfriend's bikes and vitamin bottles is an emblem of Daum's willingness to cede control. Soon after, her mother is diagnosed with cancer, demolishing the last remnant of Daum's dream of tidy living and prompting her to wonder if the real trick of a settled home—like life—is the ability to be yourself in it.

In Martha McPhee's novel *Dear Money*, India Palmer also wants more from real estate than simply a place to live; she wants to take her place among the wealthy neighbors she encounters on Manhattan's thoroughly gentrified Upper West Side. "I hoped mightily, and the trouble with hope, yapping at your ankle like a hyperactive poodle, incessantly clamoring to be believed and heard," Palmer observes, "is that it turns into expectation, and given enough time, expectation skips over a fine line into something else again, into conviction—that you deserve." So Palmer abandons her writing to become a broker specializing in mortgage bonds. She amasses "a beautiful, billowy wealth" and watches the rise and fall of her writer friends with amused condescension. She eventually gets her house, but doesn't much care that it will be a place for her family to gather; she sees it as a blunt triumph of power and money. In the end, it's hard to like Palmer, brazen and heartless as she's become. But I couldn't shake this question: Is she the fool in our brave new world, or am I?

Daum crafts an ending that has a more comfortable moral resonance: Perfection will not protect us from chaos, and the sooner we accept this, the sooner we'll appreciate life's deeper truths. McPhee, on the other hand, set free in the open landscape of fiction, seems to be playing out her darkest fantasy. In so doing, she reveals the full sinister force of our grasping material side—and shows us what we lose when we're so focused on acquiring. —NELL CASEY

+ PLAYLIST REFRESHER

Download this if you love ... R.E.M.

> **BAND OF HORSES, *INFINITE ARMS* (BROWN/FAT POSSUM/COLUMBIA)** The soothing third album from the alt-country rockers is full of dreamy arrangements and rich harmonies inspired by various corners of America, from the Mojave Desert to the Carolinas.

> **FLAMING LIPS, *EMBRYONIC* AND *DARK SIDE OF THE MOON* (WARNER BROS.)** The innovative Oklahomans' latest has a futuristic, spacey vibe, while their hypnotic reinterpretation of Pink Floyd features such guests as Henry Rollins and Peaches.

> **PAVEMENT, *QUARANTINE THE PAST: THE BEST OF PAVEMENT* (MATADOR)** More than a decade after they split, the seminal lo-fi indie band releases remastered versions of their favorite cuts, followed by a hugely hyped comeback tour; see them this summer. —LIZA GHORBANI


Fast Absorbing.
always
When "it" strikes, trust Always' amazing LeakGuard® protection to adjust to unexpected changes in flow. No ultra absorbs faster.
Have a Happy Period. Guaranteed.



DO TRY THIS AT HOME

Amy Merrick can turn any twig, fabric scrap, or chipped plate into art, and inspires all of us to do the same.

BY JANE MARGOLIES

VITAL STATISTICS

Name Amy Merrick

Age 25

Hometown Brooklyn, New York

Day job Crafter, blogger, and floral designer

Biggest inspirations Wildflower arrangements, American Indian weavings, *The Essential Leonard Cohen*, the Shaker movement

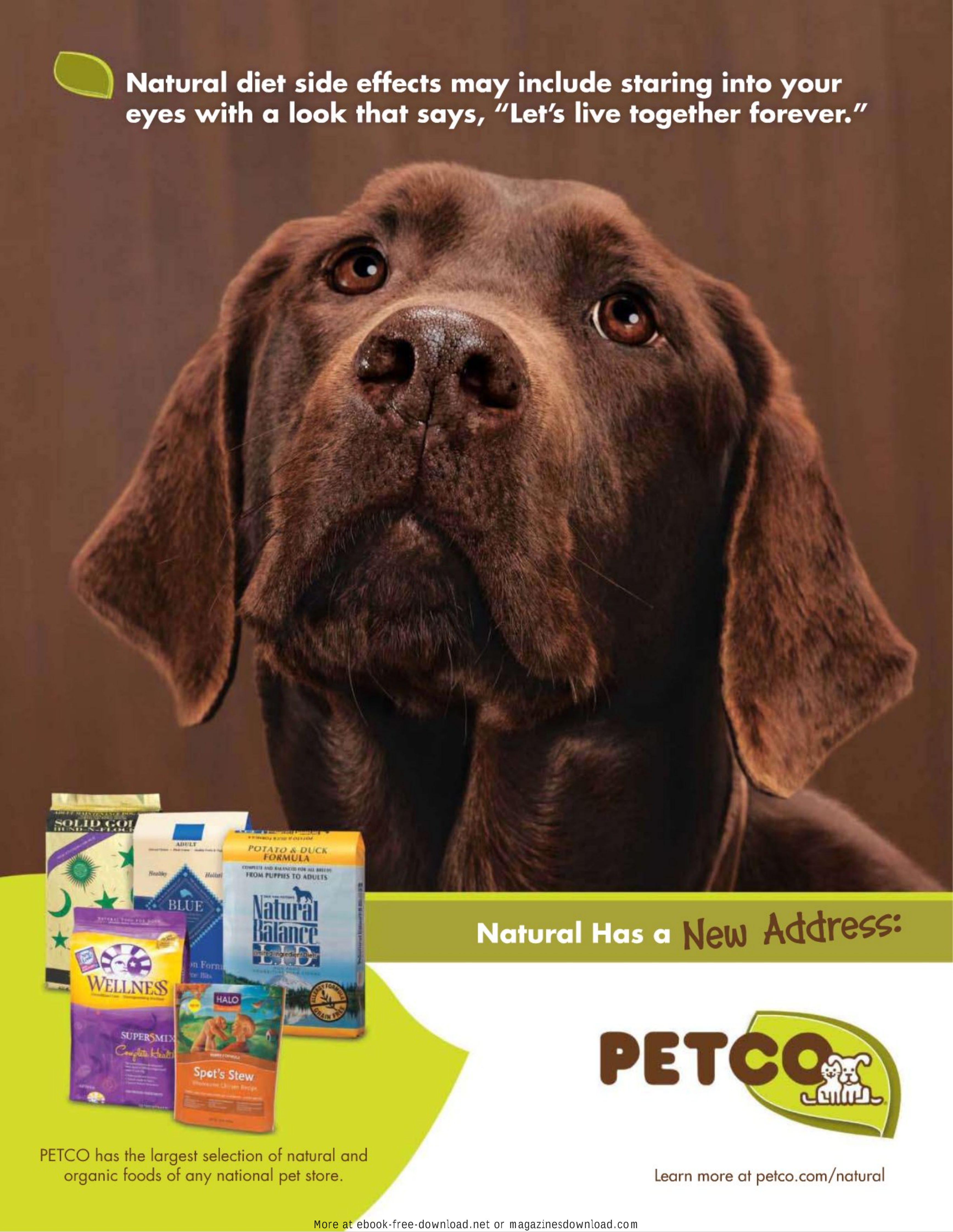
Favorite way to de-stress Digging in a junk shop

THE BEST IDEAS COME to Amy Merrick as she's falling asleep under a patchwork quilt in her Brooklyn apartment. That's when she's free from the preoccupations of her beloved job at the floral-design studio Saipua—for instance, frantically helping pull together 30 lush wildflower table arrangements, six boutonnieres, and a single, perfect wedding bouquet. As she drifts off, she dreams up simple projects: pressing and framing weeds from the alley out back or making a terrarium with a pickle jar and moss from the pavement.

Her favorites are posted in her Made With Love column on the popular décor Web site Design*Sponge (designspongeonline.com). And judging from the growing number of followers who track her thrifty household adventures—almost always involving bits of nature or cast-aside objects—she's struck a chord. "Amy just has a flair for taking things people overlook and turning them into something cool," says Grace Bonney, editor-in-chief of Design*Sponge.

Crafting comes naturally to Merrick, who grew up in a Depression-era farmhouse in Maryland with her father, sister, and endlessly creative mother. Her "free-spirited, hippie" parents baked bread, gardened, and regularly took their daughters to Colonial Williamsburg, where a

photograph by Manuel Rodriguez, hair and makeup by Sophie Kaspar for Ford


Natural diet side effects may include staring into your eyes with a look that says, "Let's live together forever."
POTATO & DUCK FORMULA
FROM PUPPIES TO ADULTS
Natural Balance
BLUE
WELLNESS
HALO
Spot's Stew
Natural Has a New Address:
PETCO
PETCO has the largest selection of natural and organic foods of any national pet store.
Learn more at petco.com/natural









OBJECT LESSONS

1 An eyelet lace dress from eBay hangs in the bedroom window, allowing light to show off the detail.

2 All of Merrick's letters are pounded out on a typewriter rescued from a junk shop.

3 She collects candlesticks from thrift and antiques stores to display in clusters.

4 Merrick found this mid-century-modern mirror on Craigslist. Three people had to carry it up the stairs, but it makes her living room look much bigger.

costumed interpreter's hoop skirt sparked Merrick's love for vintage clothes. She haunted secondhand stores in high school, taught herself to sew so she could tailor dresses, and enrolled at New York's Fashion Institute of Technology—though she quickly realized she preferred making things with her hands to "drawing flat silhouettes in Adobe Illustrator." After giving window display a try at Marc Jacobs in Manhattan and Moon River Chattel (a Brooklyn antiques store), she started hiring herself out to prop stylists and photographers.

Merrick's apartment showcases her knack for composing evocative settings. The cheery, modern-farmhouse space will be featured with other inspiring places in Design*Sponge's book (out next spring). Merrick lovingly chronicles her home improvements on her blog, An Apple a Day, under the handle Emerson Merrick (emersonmerrick.blogspot.com), the name her parents would have given her if she'd been a boy. She pairs atmospheric photos of her home with you-can-do-it instructions for everything, from sanding and painting a wood floor to hanging a collection of flea market plates on the wall. "People say they don't have the time to do these kinds of things," she says. "But the couple of hours it takes totally pays off in the satisfaction you feel."

Hands-on projects are especially meaningful to Merrick. She lost two fingers on her left hand four years ago after an accident on a boyfriend's motorcycle: An SUV ran over the two of them, and her fingers got caught in the chain. "When I came to, the first thing I asked my mom was, 'What if I can never knit again?'" she recalls. She could (with some practice) and still does—and sews, and hammers, and saws as well. "So far, I haven't found anything I can't do," she says with a conviction that's infectious. When you see how she transformed a silverware drawer with a $2 scrap of flowery thrift-store wallpaper, you start to feel there's nothing you can't do either.

SUSTAINING—AND SUSTAINABLE

A few of Amy's favorite things



POP-UP SPONGES BY TRADER JOE'S
"They're made from vegetable cellulose." $7 for 12; *traderjoes.com for stores*



DRESSMAKER'S SHEARS BY GINGHER
"My most essential tool. Sharpen them once a year, and they'll last forever." $30; *amazon.com/home*



THE *FOXFIRE* BOOK SERIES
"The books have tons of honest crafts, plus folk wisdom from Appalachian elders." $207 for all 12 volumes; *foxfire.org*



RANUNCULUS
"They last much longer than other flowers and look so pretty as they crinkle with age."

THRIFTY TIPS

>> **"If you want to reupholster a chair, think outside the fabric box. Old rugs or quilts can work just as well."**

>> **"I spend no more than $150 on any one thing. Having a budget forces you to be creative."**

>> **"eBay is my go-to resource for home products. Browse in the antiques category instead of searching by keyword. Misspelled items are seen by fewer people, so you can get them cheaper. Plus, if you search for *sofa*, you'll miss everything tagged *couch* or *loveseat*."**

photographs clockwise from top left: Manuel Rodriguez (4), Damian Russell, Johnny Miller (3), prop styling by Sarah Smart (3)


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I ♥
BACTERIA
Not all bacteria is bad. There's good bacteria, there's better bacteria and then there's Culturelle®, the only probiotic supplement containing Lactobacillus GG, the most clinically proven "good" bacteria. It works directly in your intestinal tract, where 70% of your immune system lives. Only Culturelle* goes beyond improving your digestive problems like bloating, constipation and diarrhea to actually boost your immune system to fight the "bad" bacteria that can make you sick. Culturelle improves your digestion and keeps you healthy everyday. No wonder so many people say they ♥ Culturelle.
Culturelle
Natural Health & Wellness
Boosts your immune system
Improves digestive health
Restores the natural balance of good bacteria in your digestive tract
Visit www.bacteriaisbeautiful.com



COTTON NAUTICAL LINKS DRESS WITH TIES BY ECHO (in Kelly Green) Light and bright. $88; *echodesign.com*

SYDNEY DIVA HAT BY WALLAROO Lining fabric blocks 97 percent of ultraviolet rays. $36; *wallaroohats.com*

Got You Covered

The beach cover-up is the ultimate summer wardrobe hero, shielding you from sun exposure and, well, exposure. Here, nine styles to slip on and show off.

photographs by Raymond Hom, produced by Suzanne Singer, prop styling by Julie Ho



JERSEY HOODED COVER-UP BY L.L. BEAN (in Bright Coral) Cute and super-comfortable. $30; *llbean.com*



CHAMBRAY TUNIC BY J.CREW Collared and belted for a poolside preppy feel. $35; *jcrew.com*



ORGANIC COTTON VOILE SHIRT BY EILEEN FISHER A breezy button-down. $158; *eileenfisher.com for stores*

PROTECTION PRIMER

The tighter the fabric weave and darker the color (deep blue is best), the higher the ultra-violet protection factor (UPF). Hold the piece up to the light to see how transparent it is. And remember, if your cover-up gets wet or stretched, more UV rays will be able to pene-trate, so don't slack on the sunscreen.



WHITE TUNIC BY ONDADEMAR Even the neighborhood pool will feel exotic. $178; *ondademar.com*



PURE CRUSHED SILK DRESS BY HESSNATUR Eco-friendly and elegant. $158; *hessnatur.com*



STEPHANIE DRESS BY TORY BURCH (in Red Checkmates) Ideal for a Morocco moment. $295; *toryburch.com*



STRIPED HOODED COVER-UP BY OLD NAVY Sweet with an Empire drawstring waist. $25; *oldnavy.com*



FLOAT ON DRESS BY LOOMSTATE Strappy and lightweight for sweltering days. $130; *loomstate.org*

ECO EXTRAS

These beach buys help you leave a lighter footprint in the sand.



PACK IT IN

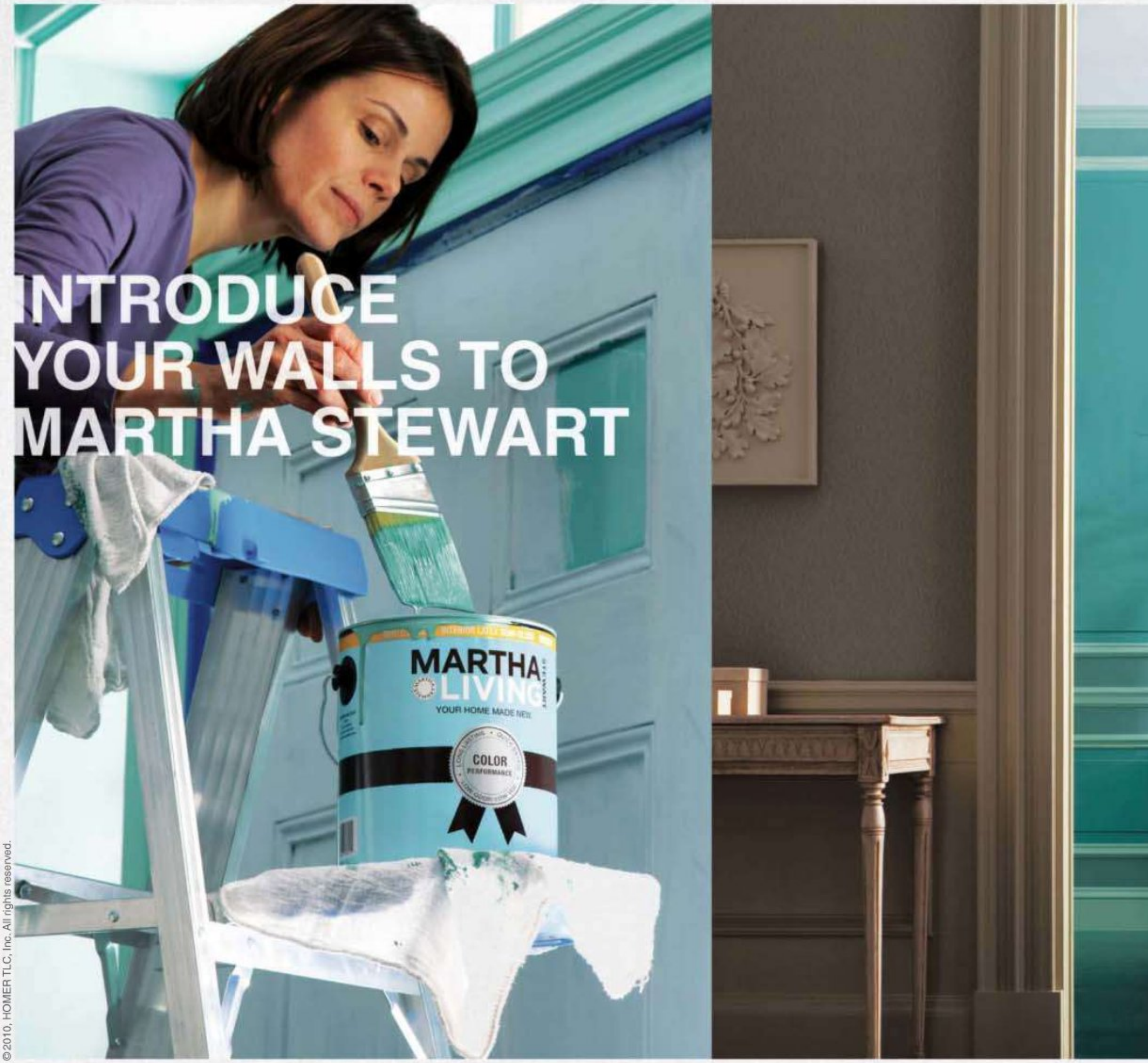
MEDIUM TOTE BY SEA BAGS Made in Maine from recycled sails. $160; *angela adams.com*



LAY IT OUT

BEACH TOWEL BY BAMBOODREAMS (in Natural & Pool) A blend of 70 percent bamboo and 30 percent organic cotton. $30; *dreamsack.com*

ONLINE Keep your skin safe from the sun and salt with tips at **wholeliving .com/summer-skin**



Pictured: Hummingbird Blue, Sea Glass, and Yucca Plant
Get started at homedepot.com/MarthaStewart



280 stylish possibilities
Exclusively at The Home Depot


KEEP MORE GREEN
IN YOUR WALLET

whole health



photograph by Johnny Miller, prop styling by Julie Ho

RADIANT REMEDY

Calendula-infused oil, made from the plant's bright orange and yellow flowers, is a calming ointment for skin afflictions. Apply it to any kind of burn, bruise, or cut to speed healing and help prevent infection. It's also an effective moisturizer for dry and sensitive skin. To find out how to make your own at home, turn the page. ▶▶



HERB 1-2-3

CALENDULA OIL

From blossoms to oil in three easy steps. To purchase dried calendula, go to zackwoodsherbs.com or frontiercoop.com. —TANIA HANNAN







STEP 1 Place calendula blossoms in a quart-size jar. Since any moisture will lead to mold, use only fully dried blooms, and make sure there's no water in the jar.

STEP 2 Pour extra-virgin olive oil or sweet almond oil over the blossoms until completely covered. Seal the jar, and place it in the sunniest spot in the house. Let it sit until oil turns golden, up to four weeks.

STEP 3 Using a mesh strainer lined with cheesecloth, strain the liquid into clean, dry bottles or jars. Label and date the oil, and store in a cool, dry place. It can last up to a year.

ATTENTION TO PREVENTION

4 WAYS TO KEEP BONES HEALTHY

According to the National Osteoporosis Foundation, 80 percent of the 10 million Americans with fragile bones are women. But we're not necessarily destined to become the weaker sex. Of course, it's important to get enough calcium and vitamin D (which helps the body absorb that mineral). Here are a few other ways to build a strong skeleton.



1 **Head for the produce aisle.** A study by Tufts University suggests that fruits and vegetables might help prevent osteoporosis. They're metabolized into bicarbonate, researchers say, while proteins and grains are metabolized into acids. When there's too much acid in the blood, calcium gets leached from the bones to neutralize it. But the study found that those who received bicarbonate in the equivalent of nine servings of fruits and vegetables daily experienced much lower levels of calcium loss than those who didn't.

2 **Color it (dark) green.** Dairy's not the only source of calcium. Work your way to the daily recommended dose (the Institute of Medicine's Food and Nutrition Board says you need 1,000 mg a day) with a few cups of spinach, kale, turnip greens, or bok choy.

3 **Defy gravity.** Weight-bearing exercise—in which the feet and legs carry your weight—is known to keep bones strong. A U.K. study found that high-impact exercise led to a 4 percent increase in bone density. According to Harvard's Nurses' Health Study, walking for at least four hours a week was linked to a 41 percent lower risk of hip fracture. In another British study, vigorous weight-bearing exercise for an hour or more a week was associated with greater bone density.

4 **Make time for tea.** A five-year Australian study found that women who drank black and green tea regularly had higher bone density and less bone loss. Tea drinkers lost an average of 1.6 percent of their total hip-bone density, while non-tea drinkers lost 4 percent.

ONLINE Get seven bone-building exercise moves at **wholeliving .com/healthy-bones**

LAB RESULT

SITTING = DEATH?

Yes, it does, according to the Australian Diabetes, Obesity, and Lifestyle Study. In this national survey, researchers followed 8,800 adults, ages 25 and older, for six and a half years and found that **each hour subjects spent lolling about watching television was associated with an 18 percent increase in death from heart disease**—and an 11 percent increase in overall mortality. Those who watched TV for four or more hours daily were 80 percent more likely to die of heart disease and 46 percent more likely to die overall than those who watched two hours or less. **Researchers say it's not just the overweight who are in trouble.** Even at a healthy weight, sitting for hours can make it harder for the body to process blood sugar and blood fats—an endeavor that requires the chemicals we produce when our muscles contract, as they do when we stand or move. Study authors encourage us to exercise regularly and break up our sitting with movement: Take a walk at lunch, or go talk to your coworker rather than sending an e-mail.

photographs by Johnny Miller, prop styling by Julie Ho, illustration by Dorling Kindersley

THE

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CURE OR COME *ON*?

DEVIL'S CLAW FOR BACKACHE



Could a South African plant with anti-inflammatory and analgesic properties soothe lower-back pain? In a study in which one group took devil's claw daily and the other took Vioxx, both had more than a 50 percent reduction in pain. "There's some good evidence for its efficacy," says Thomas Morledge, M.D., of the Cleveland Clinic's Center for Integrative Medicine. "If you're not on anticoagulants or other drugs for chronic conditions, and you're not pregnant or nursing, discuss this supplement with your doctor."



GRACE NOTE

DESTINY CALLING!

A recent study from Berkeley's Haas School of Business shows it's OK to wonder about the road not taken. The scientific term for that what-iffing is "counterfactual thinking," and research suggests that those who think counterfactually aren't immobilized by regret; they may actually be more motivated. In the study, students wrote an essay on how they'd met a close friend. One group was told to stick to the facts; the other was asked to imagine that they hadn't met this friend and all the ways life would be different as a result. When people in the latter group considered that friend-less life, they viewed the friendship as more significant than people in the factual group did. Counterfactual thinking may lead people to believe that everything happens for a reason, researchers surmise, and this sense of purpose might in turn lead to constructive thinking about the future. Which, to borrow from Robert Frost, might make all the difference.



FITNESS FIX

DIGIT DISTRESS

The Bureau of Labor Statistics says that repetitive-motion injuries—the sort incurred from incessantly hammering away on our BlackBerries and iPhones—lead to an average of 20 days away from work a year. Be sure your compulsive communication doesn't turn painful with these exercises from the American Society of Hand Therapists.

2 TIMES more women than men miss work because of repetitive-motion injuries, says the BLS.



STRETCH 1

Weave your fingers together and turn your palms outward as you extend your arms forward. You should feel a stretch all the way from your shoulders to your fingers. Hold 10 seconds and repeat eight times.



STRETCH 2

Extend an arm in front of you, elbow straight. With your palm down, use the opposite hand to bend that palm down toward the floor. Turn the palm up, and stretch the hand toward your body. Hold 10 seconds and repeat 10 times.

ONLINE Get more quick cures for workday aches and pains at **wholeliving.com/office-stretches**

photographs clockwise from top left by Jennifer Fazekas, Peter Gridley, Johnny Miller (3)


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FLIGHT PLAN

Tools and tips to make air travel as restful and restorative as your actual vacation.

BY CARLENE BAUER

NEARLY 171 MILLION TRAVELERS got on a plane in the United States last summer. This may be the season of mandatory relaxing, yet air travel—with all its attendant stresses—can be anything but. And once you reach your destination, your journey to vacation bliss could be held up by stomach bugs and jet lag. To get you flying the friendly skies as calmly and easily as George Clooney in *Up in the Air,* we interviewed several experts about what they recommend—from supplements to relaxation techniques—for a more peaceful, healthful journey.

EXPERTS

Roberta Lee, M.D., vice chair, Department of Integrative Medicine, Beth Israel Medical Center;

Alison Sinatra, senior yoga teacher at Kula Yoga Project in New York City;

Katherine Tallmadge, registered dietitian in Washington, D.C., and author of *Diet Simple*

WHEN	TAKE/EAT	DO
Before You Go	Probiotics boost good bacteria in the gut. If you're worried about stomach problems, "take them every day while you're on the road," Lee says. Immunity boosters may help fend off illnesses created by travel stress. She recommends the mushroom-based supplement Host Defense.	If you're stressing out in the airport, Lee says, try this: Put one hand on your chest and the other on your belly. Breathe deeply. Notice how when you take a breath in, your belly goes out; when you let a breath out, your belly goes in. Repeat four to five times. "The body can't feel both calm and anxious at the same time," she says.
In the Air	Stay hydrated in the dry cabin with water, and pack fruit. "It's watery," Tallmadge says, "so it helps beat dehydration. And it's not salty, so it won't add to bloating. Pineapple and oranges are best." Lee and Sinatra think Bach Rescue Remedy—the famous flower-essence drops—is great for keeping travelers calm.	Sinatra suggests uncramping with yoga. Try these simple poses: Sit cross-legged in your seat; raise your arms above your head, with thumbs hooked together; clasp your hands behind your back in prayer form. On a long flight, make sure to walk the aisle every hour or so, Lee says, to prevent blood clots.
On the Ground	If you change time zones, Lee says, you can reset your body clock by taking 1 to 3 milligrams of melatonin—a hormone that regulates your sleep-wake cycle—30 minutes before bedtime. When you wake up, look at the sun for 10 minutes. This will send a message to the part of the brain that coordinates the body's rhythms through changes in lighting detected by the eyes.	Get a massage if you can, Lee says, soon after landing. Or, once you've checked in to your room, take a bath with lavender oil to settle any frayed nerves. If you need to, stay alert by going for a walk or applying grapefruit or peppermint essential oils. Working out shortly after arrival is another a good way to manage reentry, Tallmadge says.









photographs by Raymond Hom


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Gut Reactions

Your stomach may be trying to tell you something—is it whispering, "IBS"?

BY TANIA HANNAN

THOUGH IT'S NOT a topic for cocktail-party conversation, at any given gathering, a handful of smiling, drink-in-hand guests are likely suffering from irritable bowel syndrome—which may have led even more people to send their regrets and stay home.

To the 30 million Americans afflicted with IBS, those bowels can seem not just irritable but downright cranky. With symptoms such as chronic diarrhea, constipation, and bloating, the condition is painful, embarrassing, and often debilitating. In a given workweek, a person with IBS may lose 14 hours of productivity. Women—lucky us—suffer from it disproportionately, making up some 60 to 65 percent of reported cases.

If it seems half your friends have IBS, you may not be that far off; experts estimate that up to 20 percent of the population is actually suffering from the condition. Whether the actual incidence of IBS has increased in recent years is unknown, however. It may be that "there's more awareness of it," says Christine Frissora, M.D., a gastroenterologist at Weill Cornell Medical College in New York City. IBS is still considered a syndrome (as opposed to a disease), so as with other syndromes—think chronic fatigue—there's no single known cause, definitive test, or official cure; it's defined by the long-term presence of certain symptoms and the absence of more serious conditions. Research has been homing in on underlying causes, though, including what and how we eat (often poorly and mindlessly), our stress levels (high for many), food-borne illness (on the rise), and the use of certain medications (commonly overprescribed). "Restoring balance is key to IBS," explains Gerard Mullin, M.D., director of Integrative Gastroenterology Nutrition Services at Johns Hopkins Hospital in Baltimore, "and we're out of balance."

Like most complex conditions, IBS doesn't lend itself to a quick fix. But a holistic approach—looking deeper and treating root causes—can bring health to far more than your gut.

FIRE IN THE BELLY

The calling cards of IBS are abdominal pain, bloating, constipation, cramping, and diarrhea, Frissora says. We all get these on occasion, of course; to merit an IBS diagnosis, you need to have some combination of the symptoms for a total of 12 (not necessarily consecutive) weeks within 12 months—and *not* have a more serious intestinal condition, such as an inflammatory bowel disease. While pain is a common denominator, "if you have 10 different patients, you'll have 10 different sets of symptoms," notes Dave Rakel, M.D., director of the Integrative Medicine program at the University of Wisconsin.

What gives rise to these symptoms? Keeping in mind that IBS manifests differently in different people, imagine a GI cam that zooms in on one particular woman with the condition. Deep down in her body, the normal processes that keep her digestion running smoothly have broken down, including the balance of healthy bacteria. "We're learning that the gut has its own ecosystem, and there's a very dynamic balance between the different flora," Rakel notes. She may have low-grade chronic inflammation in her digestive tract and intestinal permeability, in which toxins and pathogens penetrate the normally protective intestinal wall. The causes of that breakdown of normal digestion can be everything from chronic stress to infection, certain medications, food allergies, or all of the above. Once set in motion, this cascade of reactions becomes self-perpetuating—not to mention misery-making.

COMMON CULPRITS

A number of forces can set the stage for, trigger, and exacerbate IBS, and it's often impossible to tease those factors apart. The dismal standard American diet and sedentary way of life "is a root cause of most digestive disorders," including IBS, Mullin says. Food sensitivities (like to dairy or wheat) and allergies (such as to shellfish or nuts) can also play a role.

Infections, such as those from bacteria like salmonella or E. coli, are yet another frequent trigger. And certain medications can actually lead to IBS, including antibiotics, some birth-control pills, and, ironically, commonly prescribed drugs for another digestive complaint. According to Rakel, long-term use of proton-pump inhibitors, which are used to treat heartburn and acid reflux, "can reduce stomach acid and disrupt the balance of the GI ecosystem," exacerbating symptoms of IBS.

According to both Rakel and Mullin, stress is nearly always a factor in IBS—not occasional stress, but the kind that lingers for months or years and wears you down. The connection between emotions and digestion isn't new, of course; the notion of a "nervous stomach" has been around forever. But the mechanisms behind the connection—and, moreover, mind-body-related treatments—are one of the hottest areas of research in digestive disorders such as IBS. "The GI tract is often called a 'second brain,'" Mullin notes. The same neurotransmitters present in the brain, like serotonin, are abundant in the intestinal tract and in the vagus nerve, which directly connects the mind and the digestive system. Think of it as an information superhighway running straight from the gut to the brain. "When you get nervous, stress hormones shut down [the functioning of] your gut," Mullin says. "Your blood and digestive hormones stop mobilizing. Essentially, your gut freezes." In this classic fight-or-flight response, resources get routed to the extremities. When this happens on occasion (at, say, a public-speaking event), it might give you a stomachache but doesn't do long-term damage. However, unrelenting stress causes a shift in GI bacteria—from the friendly to the unfriendly bugs—and can even weaken the gut's ability to defend itself against harmful molecules and toxins, Mullin notes. "The brick wall of defenses [that normally keeps your gut functioning properly] breaks down under chronic stress."

Given that most of these are equal-opportunity triggers, why do women bear the brunt of IBS? Biologically, we have more developed limbic systems (the brain area that governs emotion), Rakel says. This may impart laudable qualities—compassion, sensitivity, intuition—but it also makes us more vulnerable to stress. In other words, the same forces that make our shoulders such comfortable crying posts also make our intestines more sensitive and prone to dysfunction.

IF STRESS IS NEARLY ALWAYS A FACTOR IN IBS, WHY ARE WOMEN SO MUCH MORE LIKELY TO SUFFER? BIOLOGICALLY, WE HAVE MORE DEVELOPED LIMBIC SYSTEMS (THE AREA OF THE BRAIN THAT GOVERNS EMOTION), RAKEL SAYS.

photograph by Raymond Hom, prop styling by Julie Ho

whole health REPORT

TREATMENT ESSENTIALS

If you have symptoms that sound like IBS, the first step is to get a doctor to rule out what you *don't* have. It's important to find a practitioner who's willing to investigate symptoms and tailor a treatment to you rather than jump to an IBS diagnosis. Many patients walk around for years thinking they have IBS, and lo and behold, a condition like celiac disease (severe gluten allergy) or inflammatory bowel disease (Crohn's disease) eventually "unmasks itself," Mullin notes. The problem, he says, is that many doctors "only look for serious dysfunctions when there are red-flag symptoms," like rectal bleeding.

Given the complexity of IBS, it's not surprising that researchers haven't found a magic pill to make it go away. "Many drugs have been approved and many taken off the market due to side effects," Rakel says. And while there are FDA-approved medications for certain symptoms, like constipation, the cost-benefit ratio is often high, he says. "They're very expensive and only work so-so." Granted, we live in a society that doesn't encourage the balance and harmony that are required for IBS treatments, but at some point, Mullin says, "We sort of have to forget about society and rebalance ourselves."

Contributing editor TANIA HANNAN *lives in Durham, North Carolina.*

TUMMY TAMERS

The conventional notion is that there's no cure for IBS, but Rakel has seen evidence to the contrary. "You can learn from your symptoms—why they're there and what you can do to manage them—and reduce your gut's sensitivity to reactivity," he says. "So in essence, it is curable." While everyone's treatment will vary based on their history and symptoms, work with a holistic practitioner, and keep these principles in mind.

1 REFINE YOUR DIET. Following a plant-based, whole foods diet is a given. But once the IBS process has begun, even healthy foods can trigger reactions. Choose cooked vegetables rather than raw, Frissora says, since they're easier to digest. And while soluble fiber (found in oatmeal, berries, carrots, and legumes) can help your digestion, insoluble fiber (potato and other vegetable skins) may worsen symptoms, she adds. It's also a good idea to reduce or eliminate caffeine and alcohol. Ferret out any food sensitivities or allergies by slowly eliminating common allergens and irritants like wheat, dairy, shellfish, nuts, and beef from your diet and see how you feel.

2 REBALANCE YOUR GUT. Cutting-edge research on IBS points to the importance of maintaining a healthy balance of flora in your GI tract. Improving your diet will help restore this equilibrium, particularly if you include fermented foods like organic yogurt or miso; managing stress also helps. A probiotic supplement may be in order, too. Bifidum bacterium has shown some promise in studies, but you and your practitioner may need to do some trial and error to find what works. More strains will become commercially available as the research develops. "We only know a few, but there are thousands," Rakel says.

3 EXERCISE IN MODERATION. Depending on your symptoms, your exercise habits may need an adjustment, Rakel says. Gentle exercise, such as walking and yoga, can help nearly everyone with IBS: It relieves stress and reduces inflammation. Those with constipation-dominant IBS may benefit from turning up their fitness routine, and diarrhea-prone patients should limit aerobic activity to less than 45 minutes, Mullin adds.

4 MASTER YOUR MIND-BODY CONNECTION. Rakel advises his patients to think of IBS as a metaphor: What's tying you up in knots? Answering that question can help to ease your mind and, by extension, your gut. "Use a mindful approach to become more aware of what's happening in your day, what your stressors are," he says. Simple stress-busting techniques like deep breathing stimulate the vagus nerve, that gut-brain superhighway. There's also solid data to support the benefits of hypnosis, meditation, biofeedback, and yoga for IBS, Mullin says. "It's really about finding what you're willing to do and what you enjoy."


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The Whole Living Healthy-Skin Guide 2010

photograph by John Dolan, hair and makeup by Dale Johnson, wardrobe by Zoe Glassner

The Whole Living Healthy-Skin Guide 2010

SKINTELLIGENCE

Somehow, our most pressing skin-care questions are also the most basic. We asked our favorite experts to settle them once and for all.

Q Do I really need to wash my face every day?

A Yes, morning and night. (But no more than that, even if you have oily skin, or you'll strip it of the sebum that helps keep it soft.) Use warm or cool water, and wash with your hands—don't use anything scratchy like abrasive washcloths or sponges, which can cause microtears in the skin (where bacteria can breed). Remember to rinse well, especially around the hairline and jawline, to prevent residue and reduce breakouts. Finally, never go to bed without cleansing. Letting makeup stew on your face all night long can lead to irritation.

Q How much face cream do I actually need?

A Probably less than you think. In general, people tend to over-moisturize. All you need for your entire face is about a nickel-size dollop. And don't forget your earlobes! Even people with great skin often have wrinkled and sun-damaged ears because they don't keep them protected from harmful rays.

Q What's the right way to apply eye cream?

A Gently! Simply use a dab smaller than a pea for both eyes, and massage underneath the eye area. Avoid excess cream, which can lead to clogged oil glands called milia (those bumpy white dots around the eyes).

Q Is it true that I could become addicted to my lip balm?

A No. You just get used to the softness, and when it's not there, you miss it. Lots of things can dry out your lips—licking them, talking, cool weather, even drinking water—but not your lip balm.

Q How often should I exfoliate?

A Exfoliating skin helps slough off dead surface cells, letting new skin emerge. Start with once or twice a week and see how skin responds. Don't scrub too hard—if you turn red, you're being too aggressive. If you have back acne, don't scour it and risk making it worse. Surprisingly, the conditioner you use on your hair may be to blame for your breakouts. Often it just gets quickly rinsed at the end of a shower, leaving pore-clogging residue behind. After conditioning, tie up your hair and wash your back.

Q How important is it to apply body lotion every day?

A Think of it as prevention. If you do it daily (yes, even in summer), your skin barrier stays intact and doesn't dry out. All lotions absorb best if you apply them when your skin is still damp after a shower or bath. And don't forget feet (especially heels) and elbows.

Q What's the difference between bar soap and liquid body wash?

A Liquid and bar cleansers do the same job: They remove dirt from your skin. Regardless, the only places you really should wash every day are your underarms and groin. Your skin naturally has proteins (which hold water) and lipids (to seal in moisture)—if you remove those daily, you dry out your skin. Frequently replace sponges or brushes (about once a month) to prevent bacteria buildup.

Q Do I really need to drink eight glass of water a day?

A Dehydration shows up in the skin as a loss of elasticity, so it's good to stay hydrated, but tea, juice, and even fruit count toward that total.

OUR PANEL OF EXPERTS

Diane S. Berson, M.D., *assistant attending dermatologist at New York-Presbyterian Hospital*

Jessa Blades, *organic beauty consultant and makeup artist in New York City*

Fran E. Cook-Bolden, M.D., *director of the Skin Specialty Group in New York City*

Jeannette Graf, M.D., *assistant clinical professor of dermatology at Mount Sinai School of Medicine in New York City*

Christie Kidd, *PA-C skin expert who practices dermatology in Beverly Hills, CA*

Summer Rayne Oakes, *Brooklyn, NY–based model-activist, natural-beauty expert, and author of* Style, Naturally

Neal Schultz, M.D., *cosmetic dermatologist in practice in New York City for more than 25 years*

Valori Treloar, M.D., *dermatologist and founder of Integrative Dermatology in Newton, MA*

Heidi A. Waldorf, M.D., *associate clinical professor at Mount Sinai Department of Dermatology*

Heather Woolery-Lloyd, M.D., *assistant professor at University of Miami Department of Dermatology*

photographs by Johnny Miller

WHAT OUR PANEL RECOMMENDS ...

FOR THE FACE

When we polled our experts, certain brands came up again and again. (Readers also weighed in on wholeliving.com!) Praised for their simple and effective formulas, these basics are the backbone of a healthy skin-care routine.



NIGHT CREAM
Olay Regenerist Night Recovery Cream contains amino acids that encourage skin to make more collagen, which breaks down with age. "It allows overnight healing, moisturization, and rejuvenation to begin," Cook-Bolden says. **$20**; *drugstore.com*



CLEANSER
Garnier Nutritioniste Skin Renew Resurfacing 3-way Cleanser washes, exfoliates, *and* can be left on as a mask. Vitamin B5 hydrates, and kaolin clay pulls dirt from pores. "It's the most effective multi-functional cleanser I've ever seen," Schultz says. **$7**; *cvs.com*



ACNE TREATMENT
Boscia Clear Complexion Treatment with Botanical Blast is a gel that's applied to oily skin after cleansing and before moisturizing. "It has botanical acne-fighters such as willow bark extract," Graf says. The formula contains only natural preservatives. $35; *bosciaskincare.com*



DAILY MOISTURIZER
Aveeno Positively Radiant Daily Moisturizer is lightweight, has an SPF of 30, and features soy extracts, "which help to even skin tone," Woolery-Lloyd says. Mica reflects light to give skin extra radiance. **$17**; *drugstore.com*



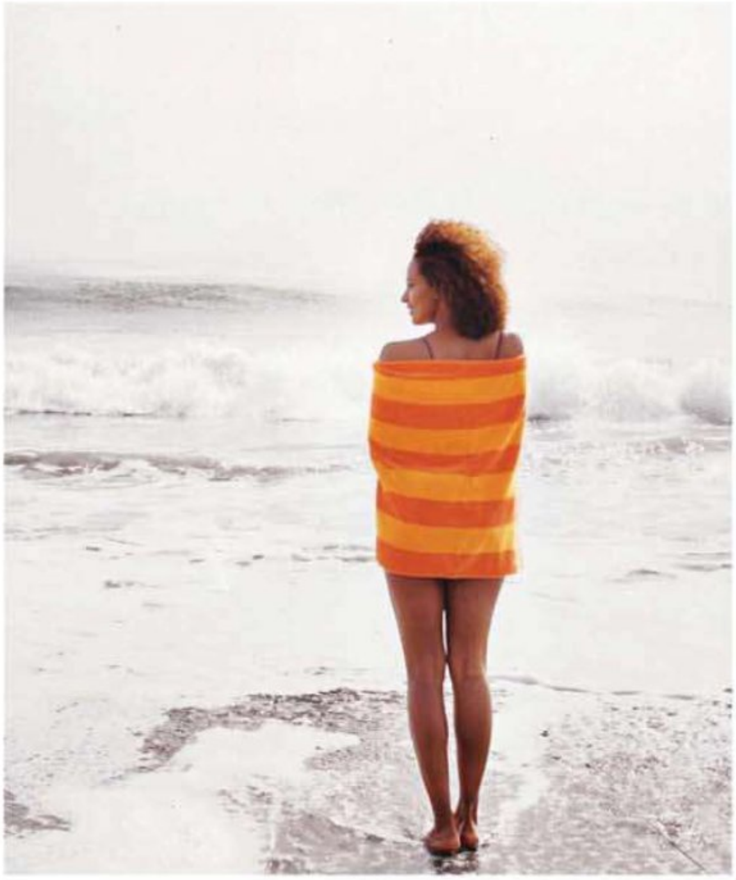
EYE CREAM
Aveda Tourmaline Charged Eye Creme features finely powdered tourmaline, a mineral that helps brighten, as well as cooling extracts like cucumber that de-puff. "The smooth finish means I can layer on makeup or a sunscreen with no problem," Oakes says. **$32**; *aveda.com*



LIP BALM
Burt's Bees Beeswax Lip Balm is a classic for a reason. With beeswax, coconut, and other natural oils, "it provides moisture and protection from the elements," Cook-Bolden says. The charmingly retro tin container is recyclable. **$3**; *burtsbees.com*



READERS' PICK, EYE CREAM
Origins GinZing Refreshing Eye Cream features the herb ginseng, which helps minimize dark circles. Caffeine reduces puffiness, and silica and mica create a brightening illusion. "You notice an effect right away, and it smells good, too," says reader Rosalie Weber, of Denton, NE. $30; *origins.com*



The Whole Living Healthy-Skin Guide 2010

WHAT OUR PANEL RECOMMENDS ...

FOR THE BODY

The skin below your neck deserves the same TLC as your face. Our experts and readers chose these go-to products, which feature bonuses like organic ingredients and natural sunscreen.



BODY WASH
Eucerin Calming Body Wash contains omega-3 fatty acids from soybean oil and a mild cleanser. "I find it soothing, and it's helped many of my patients control their irritable, inflamed skin," Treloar says. $8; *drugstore.com*



MOISTURIZER
Aura Cacia Organics Sweet Almond Skin Care Oil is a multitasker. "This works on body and face—even as an eye-makeup remover—and gives skin a healthy glow," Blades says. It's certified USDA organic. $14; *auracacia.com*



SUNSCREEN
Soléo Organics All Natural Sunscreen "blends into the skin well and leaves it moisturized without feeling greasy or making you look chalky," Blades says. With SPF 30 from skin-soothing zinc, it has no synthetic preservatives or chemical sunscreens. $20; *soleousa.com for stores*



SCRUB
Fresh Brown Sugar Body Polish is a luxurious formula that's moisturizing but not oily, made with brown sugar crystals that help hydrate and nourish skin while buffing away dead cells. "It gently exfoliates dry patches while depositing emollient oils, which leave skin feeling clean, soft, and moisturized. And it smells great," Berson says. $65; *fresh.com*

BAR SOAP
Dove Sensitive Skin Unscented Beauty Bar is "the ultimate in gentle cleansing for the body," Cook-Bolden says. The moisturizing formula, made with one-fourth cream, has garnered a following, and the unscented version takes it up a notch on the skin-friendly scale. "It's a great choice for my patients with even the most dry or sensitive skin." $12 for 8; *drugstore.com*





READERS' PICK, MOISTURIZER
Aubrey Organics Rosa Mosqueta Luxurious Moisturizing Lotion contains hydrating rose-seed oil, which improves skin's elasticity. It's paraben-free (with a natural preservative) and "immediately relieves my dry skin, but isn't heavy," says reader Mindy Cockrell from Richland, WA. $13; *aubrey-organics.com*

portrait by John Dolan, hair and makeup by Dale Johnson, wardrobe by Zoe Glassner; all other photographs by Johnny Miller


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HEALTHY SOLUTIONS

BAREFOOT IN THE PARK

The lush grass and warm sand signal the start of toe-wiggling season. Fortunately, nontoxic nail color means we can look polished and also indulge our inner shoeless hippie. Opt for polishes that are free of phthalates, toluene, and formaldehyde, which still lurk in some formulas. A good pedicure isn't just an indulgence—soaking, buffing, and moisturizing actually help prevent dry, cracked heels, which can allow dirt and infection to penetrate the skin. Stumped about the right shade for your polish? "Look for ones that pop against your skin tone," says Donna Perillo, owner of Sweet Lily Natural Spa, a New York nail salon. Popular colors this season include bold reds and light and bright pinks. —JESSICA LOTHSTEIN

THE COLORS (from top to bottom) **KARMA ORGANIC** in Romance, $10; *karmaorganicspa.com.* **NICOLE BY OPI** in Take a Powder Pink, $8; *target.com for stores.* **L'OREAL PRO** in Satin Sheets, $5; *drugstore.com.* **ZOYA** in Jolene, $7; *zoya.com.* **SALLY HANSEN COMPLETE SALON MANICURE** in Pink Slip, $7; *drugstore.com.*

BASIC SKILLS

HOW TO REMOVE EYE MAKEUP

Remnants of the day's mascara and eyeliner can clog pores or seep into eyes, leading to infection. Here's the right way to wipe it away. —J.L.



Saturate a cotton ball with a gentle eye-makeup remover or oil, such as sweet almond.

Close your eyes and hold the cotton on your eyelid for a few seconds to start to dissolve makeup.

Swipe gently from the inside corner outward rather than rubbing side to side, to avoid clogging your tear ducts.

Buy or DIY: Perfume

Swap your musky winter fragrance for one with hints of citrus, light florals, and fresh green notes. Sweeten the deal by choosing phthalate-free scents like these.

BUY

Atelier Cologne Orange Sanguine is a bright and bold citrus. $145; *neimanmarcus.com.* **Avon Eternal Magic** has an earthy rose scent. $24; *shop.avon.com.* **Aftelier Perfumes Trèvert Eau de Parfum** features clary sage and a heady dose of pine. $150; *aftelier.com.*



DIY

For a clean summer scent with a touch of sweetness, add the following oils to ½ oz. jojoba oil or high-proof vodka and shake to blend, says natural perfumer Mandy Aftel. The mix will last up to two years.

Essential oils
- *15 drops vetiver*
- *9 drops clary sage*
- *6 drops ylang-ylang*
- *6 drops tarragon*
- *9 drops lime*



ONLINE
For more uses for essential oils, go to **wholeliving.com/essential-oils**

photographs by Johnny Miller, prop styling by Julie Ho, illustration by Kate Francis/Brown Bird Design

A Call to Arms

A holistic upper-body workout doesn't just give you great guns; it may even help you create the life you want.

BY KATE HANLEY

COME SUMMER, we start paying a considerable amount of attention to our newly naked arms, and likely fretting about them.

Yet the merits of a sculpted arm go far beyond sheer aesthetics. "Yoga teaches that our arms are an energetic extension of the heart, giving and receiving not only physical energy but also love," says Sierra Bender, founder of Bootcamp for Goddesses and author of *Goddess to the Core*.

And while strength breeds confidence (especially when you can shove your own luggage into the overhead compartment), strong arms may also help shape your life in a metaphorical way. "Your biceps pull desirables toward you, and your triceps push undesirables away," says Tammy Wise, founder of BodyLogos, which offers a Taoist approach to fitness.

View a tighter upper bod, then, as a conduit to reaching for more of the things you want (opportunity, friends) and pushing back on what you don't (obligations, negativity). Pair that with a set of strong, open shoulders and you set yourself up not just for tank top season, but for life.



photograph by Raymond Hom, prop styling by Julie Ho, wardrobe styling by Lulu Chen. On model: Lululemon All Sport Bra, PrAna Baji capri, Reebok Taikan NK-iii.


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SLOW BURN, FAST TRACK

This sequence develops tone, posture, and range of motion. The key is a combination of slow and fast movements that strengthen different muscle fibers. Trainer Tammy Wise suggests choosing hand weights that are heavy enough to challenge your muscles without sacrificing form. Beginners can start with 3 to 5 pounds and work up to 10.







COMBO BICEPS CURL

SLOW Stand with feet hip-width apart and knees slightly bent, arms extended (A). Curl arms upward (B), flexing your wrists at the top of the curl, palms toward the ceiling (C). Then return to the start position and unflex wrists. 10 to 15 reps.

FAST Do a speed round without the weights or wrist flexion, making fists as you curl your biceps, spreading your fingers on extension. Repeat 30 times.

WORKS Biceps, forearms





TRICEPS EXTENSION

SLOW Bend forward at the hips with knees slightly bent. With your chest forward, extend your spine into a flat back, keeping your elbows behind your waist (A). Straighten your arms. Elbows are still as you extend your arms behind you, rotating your palms toward the ceiling (B). Return to start, turning palms inward. 10 to 15 reps.

FAST Drop the weights, and squeeze your hands into fists as you extend your arms. Spread your fingers as you bend your arms. 30 to 50 reps.

WORKS Triceps, rear shoulders







LATERAL RAISE

SLOW Hold a dumbbell in each hand, with palms facing each other, thumbs up (A). Lift arms straight up to eye level (B). Rotate arms from the shoulders, turning palms downward (C). Then rotate palms back to face each other (B). Return to start. 15 reps.

FAST Do a speed round without the weights, hands in fists on (A) and (B), fingers spread on (C). 30 reps.

WORKS Front and sides of shoulders, forearms







REVERSE-SHOULDER PRESS AND EXTEND

SLOW Raise both arms just above your shoulders, elbows bent (A). Lower right hand to shoulder level (B), then press arm back up. Repeat on the left side. 16 reps.

FAST Put the dumbbells down and extend your arms out to the sides at shoulder height (C). Rotate your arms from the shoulder sockets, turning your palms up and down as fast as you can. 30 to 50 reps.

WORKS Shoulders, upper back

ONLINE
For more power moves for your shoulders, biceps, and triceps, go to **wholeliving.com/toned-arms**

photographs by Johnny Miller, hair and makeup by Christy McCabe, wardrobe styling by Lulu Chen, prop styling by Michelle Wong

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Probiotics help replenish your body's good bacteria to promote overall digestive heath and defend against occasional uncomfortable digestive problems.*

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Why a Special Prebiotic Fiber?

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- It keeps the probiotics active to balance your system and promote digestive health.*

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Be good to your colon and it will be good to you.

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WHAT DO I DO WITH ...
AVOCADOS?

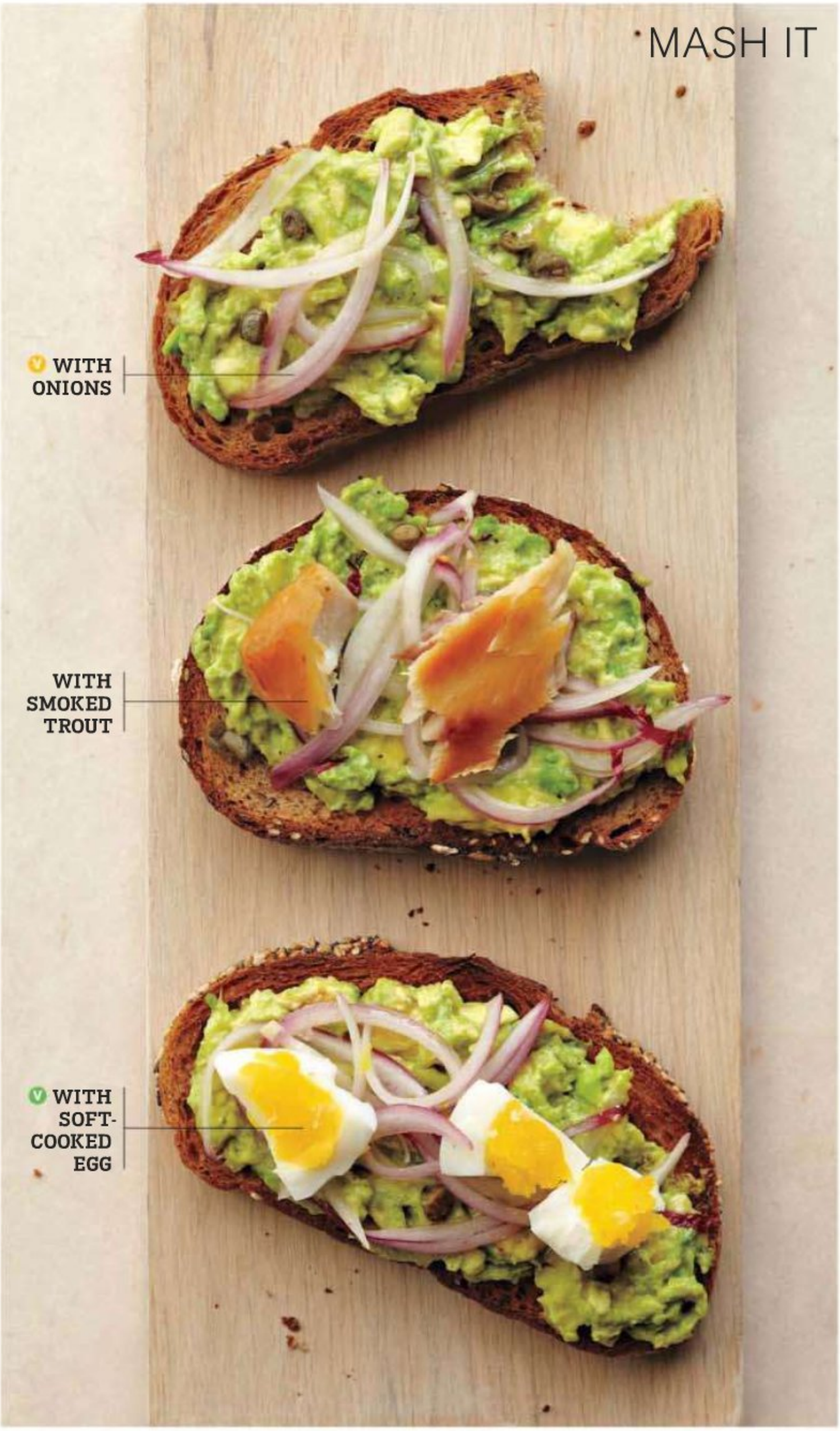
RECIPES BY CHARLYNE MATTOX
TEXT BY AMANDA GOLD

AVOCADOS ARE PROOF that nature loves us: As rich and creamy as a dessert, they're also loaded with nutrients like potassium and folate. The time-honored way to enjoy them is mashed into guacamole, but don't stop there. Put them on a sandwich for lunch, in a salad at dinner, or in a shake for a sweet treat. (If you can't wait to gobble them up, keep them in a paper bag; they'll ripen faster.) Yes, avocados are high in fat, but it's primarily the heart-healthy unsaturated kind, which helps lower cholesterol. Is it any wonder we're ready for our summer fling?



photographs by Johnny Miller, food styling by Charlyne Mattox, prop styling by Sarah Smart

ONLINE For 25 more uses for an avocado, go to **wholeliving .com/avocado-recipes**



AVOCADO, CAPER, AND PICKLED-ONION TOAST

SERVES 2

Bright onions, sweet avocado, and salty capers come together in this quick tartine.

¼ small red onion, thinly sliced
½ tsp. fresh lemon juice
½ tsp. capers, coarsely chopped
1 tsp. extra-virgin olive oil
Kosher salt and ground black pepper
1 tsp. lemon zest
½ avocado, pitted
2 slices whole-grain bread, toasted
1 oz. smoked trout or ½ soft-cooked egg, for topping (optional)

1. Combine the onion, lemon juice, capers, oil, and ¼ tsp. salt and pepper in a bowl. Let stand until the onions soften slightly, about 10 minutes. 2. In another bowl, mash the lemon zest and avocado with ⅛ tsp. salt. 3. Spread half of the avocado mixture on one slice of toast and top with half the onions. If desired, add either the smoked trout or the soft-cooked egg. Repeat with remaining ingredients, and serve immediately.

PER SERVING *(onions only): 174 calories; 2 g saturated fat; 9 g unsaturated fat; 0 mg cholesterol; 17 g carb; 345 mg sodium; 5 g protein; 6 g fiber*

PER SERVING *(trout topping): 199 calories; 12 g saturated fat; 9 g unsaturated fat; 20 mg cholesterol; 17 g carb; 449 mg sodium; 9 g protein; 6 g fiber*

PER SERVING *(egg topping): 194 calories; 2 g saturated fat; 9 g unsaturated fat; 53 mg cholesterol; 17 g carb; 360 mg sodium; 9 g protein; 6 g fiber*

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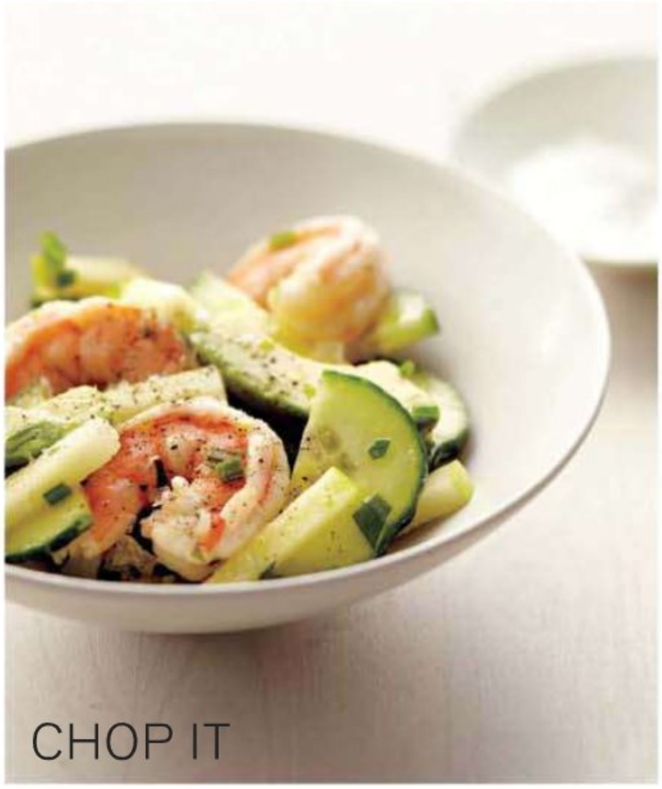


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AVOCADO AND SHRIMP SALAD

SERVES 4

3 tarragon stems; 1 Tbsp. chopped tarragon
½ lemon, quartered
Kosher salt and ground black pepper
1 tsp. black peppercorns
8 oz. large shrimp, peeled and deveined
2 Tbsp. extra-virgin olive oil
3 Tbsp. champagne vinegar
2 Tbsp. chopped chives
1 Granny Smith apple, halved and thinly sliced
½ English cucumber, halved lengthwise and thinly sliced
1 avocado, pitted, quartered, and thinly sliced

1. In a saucepan, bring 3 cups water, tarragon stems, lemon, ¼ tsp. salt, and peppercorns to a boil. 2. Remove from heat, add shrimp and poach until opaque, about 2 to 3 minutes. Transfer shrimp to a plate (discard everything else) and refrigerate to cool. 3. In a bowl, whisk together the oil, vinegar, chives, tarragon, ¼ tsp. salt, and pepper to taste. Add shrimp, apple, and cucumber, and toss to coat. 4. Divide salad between four bowls. Add avocado to the mixing bowl and toss with remaining dressing. Top each salad with a quarter of the avocado. Serve immediately.

PER SERVING: *210 calories; 2 g saturated fat; 12 g unsaturated fat; 84 mg cholesterol; 11 g carb; 208 mg sodium; 11 g protein; 4 g fiber*

AVOCADO AND MANGO MILK SHAKE

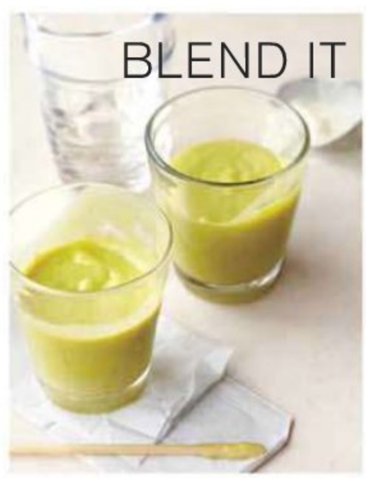
SERVES 6 V

Drink this delicious shake right away before the avocado oxidizes and turns brown.

1 avocado, pitted and peeled
1 mango, peeled, pitted, and coarsely chopped
1 pint low-fat vanilla frozen yogurt
½ to ¾ cup low-fat milk

Combine all of the ingredients in a blender and purée until smooth, adding more milk to thin if desired.

PER SERVING: *222 calories; 3 g saturated fat; 4 g unsaturated fat; 45 mg cholesterol; 31 g carb; 53 mg sodium; 8 g protein; 3 g fiber*




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Expand Your Palate

Fruits and vegetables can taste as complex as any fine wine—so maybe we should appreciate them that way. One revolutionary approach to savoring produce turns a whole foods diet into a full sensory experience.

BY LIZ MAZURSKI

BROWSING THE LABELS in a wineshop can be like taking a little holiday, with the imagination stirred by phrases that evoke the juicy promise of a summer-ripened blackberry or the cool mineral essence of a meandering stream. As the stepdaughter of a U.K. wine importer, dietitian and food educator Amanda Archibald watched the wine industry open up the market through description.

photographs by Raymond Hom, food styling by Victoria Granof

FRUIT FLAVOR FAMILIES

Here are Archibald's five main fruit groups. Try your own flavor "flight" by cubing three from each family and savoring the taste.

TART



Papayas, blueberries, kumquats, quinces, grapes, cherries, pineapple, kiwis

SWEET



Watermelon, clementines, peaches, navel oranges, dates, figs, nectarines, mangoes, honeydew melon

MILD



Apricots, strawberries, bananas, cantaloupe, pears, pluots, plums

CRISP



Honeydew melon, Asian pears, summer apples, pears

SMOOTH



Mangoes, bananas, dates, figs, apricots

"They managed to explore and explode our palates by connecting tastes we could identify or imagine with comparative tastes in wine," she says. "It has nothing to do with nutrition labels and everything to do with the senses, which got me thinking about my own work guiding people toward healthier food habits. By framing the taste in a familiar way, anyone can get comfortable with a new food."

If poetry could make the world of wine accessible, Archibald thought, then maybe she could unlock the adventure in a more prosaic area: produce. Statistically speaking, the average person's diet is a repertoire of about 15 foods. Working with noted cook and author Deborah Madison, Archibald created a way to expand that repertoire by devising a sensory association—and appreciation—system for fruits, vegetables, and grains, with charts that group similar tastes, and sometimes textures, into flavor families.

Here's how they work: Let's say you like corn. Archibald places it in the sweet category. That means you're also likely to appreciate butternut squash, parsnips, and carrots, which give you cooking options and textures very different from those of your old favorite. If you love broccoli, which Archibald categorizes as earthy/pungent, you might like kohlrabi, rutabagas, and kale.

Pear lovers could also consider pluots, cantaloupe, apricots, bananas, and strawberries—all part of the mild/neutral family. And if you don't have much experience with whole grains but know you like nutty tastes, try quick-cooking couscous and bulgur or sturdier varieties such as wheat berries. Exploring foods this way awakens the palate to subtleties, such as the small shifts of flavor between basil, fennel, and endive, which all share a licorice taste.

To really put the theory to work, Archibald suggests comparing the foods in one family the way you would a flight of wine. Cut three vegetables from one of the flavor groupings into small cubes and place them side by side. (For instance, use neutral veggies like bok choy, daikon radishes, and turnips.) Then slowly chew each one, maybe with your eyes closed to heighten sensitivity, and try to define the taste and texture that set it apart from the others. You'll notice each of your neutral vegetables has a certain pungency—but one is sharp, another peppery, and the third offers a quiet spark.

If you have a vocabulary for the tastes and textures you like, it will be easier to find new healthy foods. You'll be less likely to shy away from the more exotic fare at the farmers' market, and as you expand your whole food choices, you'll expand the amount of vitamins, antioxidants, and fiber you take in. "Eating foods in their

IF POETRY COULD MAKE THE WORLD OF WINE ACCESSIBLE, ARCHIBALD THOUGHT, MAYBE SHE COULD UNLOCK A MORE PROSAIC AREA: PRODUCE.

photographs by Raymond Hom, food styling by Victoria Granof

most whole, unprocessed, natural state is the optimal way to help move our bodies toward the pleasure of wellness, of feeling vibrant and alive," Archibald says.

By emphasizing the pleasurable aspects of healthy food and celebrating individual taste preferences, Archibald hopes to lead people from thinking about eating better to actually doing it. "Hearing something is good for you makes people rebel," Madison says. "I love science, and I love knowing what's in foods and how they work in the body, but I believe you have to present people with food they want to eat rather than coming from the measure-based view of how you're 'supposed' to eat five grams of this and four ounces of that."

Archibald adds, "There's not much direction for how to put healthy foods together. We don't teach people how to cook, how to taste, how to build out their palates in a way that is nourishing on every level. That's where change begins to take hold."

"Your mouth is like a blank canvas," says Rebecca Katz, author and executive chef of the Food as Medicine Training Program at Washington, D.C.'s Center for Mind-Body Medicine. "So when you start eating whole foods and you add in good fats, sea salt, a squeeze of lemon, the flavor starts to come alive." Plus, loving what you eat has its own rewards. "Whole foods are extraordinarily sensuous," Katz adds. "Don't we deserve that?"

VEGETABLE FLAVOR FAMILIES

Archibald divides produce into these nine categories. If you like celery, you just might fall in love with another "grassy" green like mizuna.

GRASSY



Celery, asparagus, chard, spinach, mizuna, cucumbers, green beans

SWEET



Bell peppers, snap peas, beets, carrots, fennel, sweet potatoes, parsnips

SPICY



Radishes, onions, turnips, watercress, arugula, leeks, chile peppers, basil

BITTER



Chicory, radicchio, frisée, dandelion leaves, eggplant, escarole

EARTHY/PUNGENT



Beets, broccoli, cabbage, collards, kohlrabi, chard, mushrooms, rutabagas

MILD/NEUTRAL



Zucchini, chard, iceberg lettuce, daikon, eggplant, potatoes, spinach

TART



Lemongrass, sorrel, tomatillos

BUTTERY



Artichokes, peas, edamame, mushrooms, asparagus, avocados

ANISE



Fennel, basil, endive



HEALTHIER WALLPAPER (from top to bottom) **GRAND JUBILEE BY MOD GREEN POD** ($60 for a 27-inch roll of 5 yards; *modgreenpod.com*) FSC-certified paper finished with a water-based protective glaze. **KNIT BY CAVERN HOME** ($155 for a 27-inch roll of 5 yards; *cavernhome.com*) Hand silk-screened with nontoxic inks. **LULU BY ANGELA ADAMS** ($135 for a 54-inch roll of 3 yards; *800-255-9454*) Recyclable paper with water-based inks.

Stick 'Em Up

Eco-friendly wall coverings like vinyl-free paper, cork, and burlap will really freshen up a space.

BY CHRISTINE RICHMOND

ONLINE Check out more eco-wallpapers and natural coverings at **wholeliving.com/wall-coverings**

YOU'VE PROBABLY NOTICED that wallpaper has made a huge comeback—and it's gotten a heck of a lot more beautiful since your grandma decked out her hallway in velvet-flocked hydrangeas. "Today's options are far more sophisticated than the kitschy vinyl stuff you remember from the '70s and '80s," says green interior-design expert Kim Nadel of Niche Design. And, like most things in the design world these days, they're also greener. Whether you go for bold prints or subtle patterns, you can find low-chemical, vinyl-free wallpaper from managed forests or coverings made from natural materials, such as bamboo paneling and sheets of plant fibers. The adhesives even come in versions that are low in volatile organic compounds (VOCs). Check out our favorite styles and get hanging.

photographs by Raymond Hom, prop styling by Julie Ho



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CLEAN SHEETS

Large prints work best on accent walls or in small spaces, such as alcoves; understated patterns add depth when applied to all four walls.

RETRO MODERN

1 MUSCAT SMALL BY MISSPRINT ($124 for a 20½-inch roll of 11 yards; *hermitageisahome.com*) Hand-printed on paper from managed forests.

SWEET TWEET

2 GARDEN BIRDS BY LOUISE BODY ($210 for a 20½-inch roll of 11 yards; *hermitageisahome.com*) Water-based inks on responsibly sourced paper.

FRONDS FOREVER

3 HERRINGBONE BY PALACE PAPERS ($90 for a 26-inch roll of 5 yards; *wallpapercollective.com*) Silk-screened by hand using water-based inks.

HOW TO PREP THE WALLS

Before you hang wallpaper, you'll want the smoothest surface possible. Patch and sand any holes and cover the entire wall with a coat of all-purpose primer; AFM Safecoat makes a good low-VOC version.





NATURAL SELECTION

Fibers can soften large, cold walls; cork and bamboo are perfect for small rooms.

WINNING WOOD
1 NATURAL FINISHED BY CALI BAMBOO ($75 for 4 feet by 8 feet; *calibamboo.com*) Renewable paneling.

RUGGED CHIC
2 BURLAP BY ZOFFANY ($150 for a 36-inch roll of 4 yards; *800-395-8760 or greendepot.com*) Handmade from sustainable burlap.

COZY CORK
3 MARBLE BROWN BY AMERICAN CORK PRODUCTS ($3 for a square foot; *amcork.com*) Responsibly harvested from live trees.

DEEPLY ROOTED
4 1969 LOTUS BY PHILLIP JEFFRIES LTD. ($32 for a 36-inch roll of 1 yard; *800-576-5455 for stores*) Made from extra-fine arrowroot.

GOOD GLUES
For papers, Nadel likes Roman's low-VOC Paste for Unpasted Wallpaper or the Kitchen & Bath paste for high-humidity areas (discountpaint.net). Tiles and paneling require a stronger adhesive, such as the DriTac Eco-6200GR (800-394-9310 for stores), which is VOC-free and has an anti-mildew agent.



FAST FRIENDS

It's so magical to just click with someone—why can't we connect that way every day? Actually, we can, say two *New York Times* best-selling authors who let us in on the secret.

BY TERRI TRESPICIO

AS A SINGLE WOMAN, I often find myself sitting opposite a perfect stranger, trying to make magic happen over a martini. And while many of my fellow singles bemoan the horrors of dating, I look at it as a chance to explore what makes another human being tick. I just do what works at parties—kick the conversational ball in the air and invite my partner to kick it back. It helps that I'm not shy, and that I'm happy to share a self-deprecating detail if it'll get a laugh. But it still surprises me when I've spent a lovely but unremarkable evening with someone and he sends a message the next day about how we instantaneously "clicked."

When I picked up the new book *Click: The Magic of Instant Connections*, I knew that the co-authors, psychologist Rom Brafman, Ph.D., and his brother, Ori, an entrepreneur, had my number. The best-selling authors of *Sway: The Irresistible Pull of Irrational Behavior* claim to have uncovered the mystery behind how people connect instantly.

According to their theory, the recipe for clicking contains five ingredients: proximity, vulnerability, resonance, similarity, and a safe place. In other words, you're more likely to click with someone if you're in her immediate vicinity, disclose something personal, tune in to her emotions, have something in common, and share a frame of reference (via your church, your culture—anything that separates you two from the rest of the world).

As you might have guessed, some people are wired for instant connection. The Brafmans refer to these folks as "high self-monitors," borrowing a term from personality researcher Mark Snyder, whose work in the 1970s explored how some people adjust their verbal and nonverbal communications based on the situation and who they're with.

High self-monitors have an uncanny ability to tune in to nuances in conversation and tone, to tap in to and complement (not just mirror) other people's emotions. "They create the conditions for clicking," Ori says. "They make us feel comfortable and have a way of drawing us out."

Because they tend to gravitate to the center of social networks, natural clickers are surrounded by more people, and so their relationships tend to flourish—as do their careers. One study of M.B.A. students found that high self-monitors switched jobs often, because they were given more opportunities and more frequent promotions. "They

photograph by Urban Zintel

IF "CLICKING" IS A SOCIAL LANGUAGE, WE CAN ALL LEARN IT—TO CONNECT WITH MORE PEOPLE AND FIND MORE OPPORTUNITIES IN OUR LIVES.

may not even be the smartest ones in the room—but they know how to make relationships work," Ori says.

If clicking is a social language, high self-monitors may be native speakers, but there's no reason we all can't become fluent—to connect with more people and find more opportunities in our lives.

TEST THE WATERS

High self-monitors are social chameleons; low self-monitors are the exact opposite. Take the colleague who barges into a meeting complaining about the broken printer, though everyone else is on pins and needles after a recent round of layoffs. The first thing a high self-monitor does is assess the situation: She observes the body language and tone of the people around her before she acts. Sage advice: Enter a room slowly.

MEET SOMEONE WHERE THEY ARE

The high self-monitor not only pays close attention to the other person, but complements that person's mood, which builds trust. Ori tried this himself and was surprised to find that it improved his marriage. As the chattier spouse, he might have normally just charged in and started talking whenever he and his wife, Hilary, were together. But then he began assessing where she was emotionally. If she was quiet, instead of asking her why she wasn't talking, he'd just be quiet, too. "The intimacy seemed to deepen between us from just that one simple thing," he says.

ASK QUESTIONS

According to Ori, "When we're meeting new people, we're worried about what we're going to say, how we appear to them, and so on." But he's found that by focusing on making someone else comfortable, you shift the pressure off yourself. This may mean taking the lead in asking questions—almost as if you're the host of a talk show and that person is your guest.

FIND SOMETHING IN COMMON

We tend to think the bigger issues (religion, politics) matter most when it comes to real connection—yet lasting relationships have been founded on far less. One student survey done by clinical psychologist Donn Byrne, Ph.D., at the University at Albany in New York, discovered that students were just as likely to rate someone as attractive when they agreed on the small issues (music, hobbies), as well as on the big ones (family, values).

DARE TO DISCLOSE

When you chance a little intimacy, perhaps by sharing something that you're currently struggling with or a personal anecdote, you make yourself vulnerable and give the other person something to respond to. It should come as no surprise that Rutgers professor Jennifer Gibbs and her colleagues at Michigan State University and Georgetown found that Match.com members who made an active choice to share personal info were more likely to have a successful dating experience.

When you create the conditions for clicking, say the Brafmans, the goal isn't to imitate someone else but to be more fully *you* with the people who come into your life. "We can all learn to be more greatly attuned to each other's emotional states," Ori says. "It's human nature to connect, and there's nothing more authentic than that."

ONLINE Are you a natural clicker? Find out at **wholeliving.com/click-test**

Crafting Happiness

Modern science tells us one of the best cures for depression is good old-fashioned handiwork. (Think of it as DIY therapy.)

BY LOUISA KAMPS



UNSPEAKABLY GRIMY YET smiling, I slip into bed beside my sleeping husband. I should be asleep, too, but after tonight's pottery class, my head and hands are still spinning. Moving my fingers in the dark, I form another bowl in my mind—raising the walls higher, adding a delicate curve. I can't wait to sink back into that voluptuous mud.

Pottery has kept me clicking along, even during the Midwestern winters, which normally make me feel dull and down. And, as it happens, research suggests that when we immerse ourselves in activities involving planning, anticipation, and self-forgetting movement—such as gardening, crafting, or even engine tinkering (a pastime of the Dalai Lama, that all-star of equanimity)—we not only come back into the moment but also reduce stress and combat anxiety and depression.

Hands-on work satisfies our primal craving to create solid objects; it could also be an antidote to our cultural malaise, says neuroscientist Kelly Lambert, chair of the psychology department at Virginia's Randolph-Macon College and author of

Lifting Depression. Lambert had a eureka moment while reading *Little House on the Prairie* to her daughter: Thinking of the contrast between her own push-button lifestyle and Ma Ingalls's day-in-day-out labor, she realized that hard physical work producing palpable results might be a source of pleasure. Ma's chores—collecting rainwater for baths, sewing every article of clothing for her husband and children—were no laughing matter. And yet, Lambert came to think, as connected as those tasks were to the survival of Ma and Family, they were also probably quite rewarding.

HANDS-ON PROJECTS ARE LIKE MENTAL-HEALTH VITAMINS: THEY REMIND OUR BRAINS WE CAN HAVE SOME IMPACT ON THE WORLD.

Major depression wasn't officially categorized in the *Diagnostic and Statistical Manual of Mental Disorders* until 1980, so it's hard to say exactly how widespread the condition was before then (or to what extent today's high rates are due to better diagnoses or other factors, such as the decline of community). Strikingly, though, multigenerational surveys have shown that people born later in the 20th century, after the dawn of modern conveniences, suffer more bouts of depression than those born before World War II. Studies have also found low rates of depression among members of Old Order Amish communities—one-fifth to one-tenth those of the general population. And so it occurred to Lambert that the Amish, who sew their own clothes, tap their own syrup, and drive handheld plows through dry furrows, could be getting a serious neurobiological lift from all of their effort.

Lambert studied data culled from MRI scans tracking human brain activation during different activities and conducted experiments in her own lab. (Among her discoveries: "Worker" rats trained to claw through cage bedding to find food showed greater boldness and persistence—hallmarks of mental health—than "trust fund" rats, which received food freely.) As a result of her research, Lambert identified a network of geographically connected brain regions that appears to strongly influence well-being when activated by physical labor. This "effort-driven reward circuit," as she calls it, includes areas involved with not only reward (the nucleus accumbens) but also emotion (the limbic system), movement (the striatum), and higher reasoning associated with anticipation, planning, and problem solving (the prefrontal cortex). In our contemporary age, when it's possible to Tweet one's deepest thoughts while waiting two minutes for dinner to warm in the microwave, this circuitry—encompassing a vast amount of "brain real estate," as Lambert says—isn't often called on to function in coordination and communication, as it seems evolutionarily designed to do. But when we activate our own effort-driven reward circuitry, it squirts a cocktail of feel-good neurotransmitters, including dopamine (the "reward" chemical), endorphins (released with exercise), and serotonin (secreted during repetitive movement).

When we knit a scarf, for instance, Lambert says, the brain's executive-thinking centers get busy planning, then the happy-anticipation zone begins to zing with activity, talking back to the executive top brain and reaching out to other parts that make us dive our hands into the action. I take her point viscerally: That night as I lay in bed planning my next pot, I felt better in head and body—more peacefully certain I was on to something good and good for me—than I had in a long time. "The irony is that some of these hobbies sound so simplistic," Lambert says, yet the neurochemical chain of events they trigger is "so much more sophisticated and involved" than popping an antidepressant, which often just targets a single neurotransmitter (such as serotonin). "It's like taking mental-health vitamins, building up resilience"—our ability to bounce back from hardship—"by reminding our brains that we can have some impact on the world around us."

Neuroscientists have found that unchecked mental stress shrinks brain tissue, causing emotional and cognitive decline. Yet physical activity—particularly the kind that promotes cross-brain talking between executive-planning centers and those governing motion—helps combat stress not just in the moment but also down the line by producing new, heartier brain cells. If we're just plonking

HELP FOR THE UNCRAFTY

Craft-challenged? We've got a hobby for you. Start here if you're . . .

AFRAID OF MISTAKES

Counted cross-stitch: You make Xs through openings in the fabric weave, so the pattern is easy to follow—or pick out rogue stitches.

Paint by numbers: Check out *Real Art! The Paint by Number Book & Kit* by Douglas Brenner ($31; *amazon.com*).

NATURALLY MESSY

Hand-building pottery: No wheel involved (but you do need a kiln, so try a beginners' class).

Finger painting: If you think it's unsophisticated, see artist Mary Ann Brandt's work at *fingerpainter.com*.

KIND OF "UN-COORDINATED"

Rubber-stamping or paper-punching: Create original art just by lowering and lifting your hand! *Martha Stewart's Encyclopedia of Crafts* ($23; *marthastewart.com*) is full of attainable (we swear) inspiration.

photograph by Raymond Hom, prop styling by Julie Ho

away at a keyboard, a rote motion that doesn't promote the kind of neurogenesis (aka new learning) that comes with trial and error, "we start to lose a sense of control, which creates anxiety," Lambert explains. But when we repeatedly do things with our hands that have a tangible result, "we get better at them and we have more confidence."

Movement also helps "break the cycle of rumination" that often characterizes female depression, according to Yale University psychologist Susan Nolen-Hoeksema, author of *The Power of Women*. "We've found that doing a mentally absorbing task interrupts ruminations long enough for them to subside, and your thinking becomes more clear and less negative," she says. "Then when you go back to your concerns, they seem less overwhelming and you're better able to see some action you could take to overcome them."

Harvard psychologist and painter Ellen Langer has another theory about why handicrafts are so gratifying: They promote a fine-grained, joyful observing that is hard to come by when life flies by at its usual breakneck clip. Langer, author of *On Becoming an Artist: Reinventing Yourself Through Mindful Creativity*, says that almost any creative activity presents an opportunity to "realize how much you've never noticed, which leads to more engagement, which leads to better health and well-being." And when people let themselves explore their own innate creativity, the resulting mindfulness—which Langer defines as "noticing new things"—often branches out powerfully into other areas.

Since I took up pottery I've felt a bit like Dorothy, stumbling out of black and white into Technicolor Oz. Now I scrutinize every plate, picking it up to feel its heft, running my fingers over its glaze to see whether tiny specks of grit in the clay still pop through. My eyes are peeled everywhere—at museums, reading picture books to my son, even in grocery stores—looking for knockout color combinations I might one day want to paint on a pot.

For me, the joy is in the planning and execution; I'm never too worried about whether my artwork will hold water (literally). But plenty of would-be creators shy away from creating things, Langer says, because they're held back by their fear of making mistakes and their false belief in absolutes (for instance, comparing the art of Picasso, Rubens, and Klee, as if in a field as subjective as painting there *could* be a single superstar). But when people can tap into some new realm by returning to a beginner's mind, thinking, "'Gee, I didn't realize how little I knew about this. Maybe I don't know nearly as much as I thought about other things as well,'" it becomes easier, she says, "to develop a healthier respect for uncertainty—and the whole game changes."

At the studio, poised with brushes dripping with glaze, my friend Georgia and I often talk about our projects, why we've decided to paint a blue rabbit on one bowl or New Wave glaze splashes on another. Then others will join in—the sober guy making small clay mice, the hippie chick carving a naked woman to hang beside her friend's hot tub. These conversations have made my year, reminding me that really just about anyone you pass on the street has a story, and her own deep, uniquely creative talents. As Georgia, a commercial artist paid to work to somebody else's specs, said recently, "I'm surprised that more people don't take up new hobbies, bake weird birthday cakes. There's so much to learn from the unknown—realizing that often there's no such thing as right or wrong in anything you do." I couldn't agree more.

A contributing writer for Elle, LOUISA KAMPS *lives in Madison, Wisconsin, with her family.*


*With added vitamins and minerals, including Vitamin E.
Silk Pure Almond™ Vanilla has 90 calories per serving.
NEW!
Silk
PureAlmond™
all natural almondmilk*
ORIGINAL
60 CALORIES PER SERVING
RICH IN ANTIOXIDANTS*
LACTOSE-FREE & SOY-FREE
Deliciously nutritious.
For just 60 calories.
Introducing new Pure Almond, from Silk®. Smooth and creamy all natural almondmilk – free of dairy or lactose – that powers you up with antioxidants. In Original and Vanilla Flavor.
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10 THOUGHTS ON WHOLE LIVING

1 **SOMETHING WORTH DOING ONCE IS WORTH DOING AGAIN.**

2 Flexibility isn't wishy-washy. There's a difference between knowing your priorities and not knowing your own mind.

3 THE ROAD TO WELLNESS ISN'T STRAIGHT, clear, or predictable. It's a path you forge yourself.

4 **DREAM UP A SIMPLE PROJECT, THEN SHAPE IT WITH YOUR OWN HANDS.**

5 **TRUE GENEROSITY DOESN'T LEAVE YOU WITH LESS; IT LEAVES YOU WITH MORE.**

6 WAIT TWO SECONDS **before you say something you can't take back.**

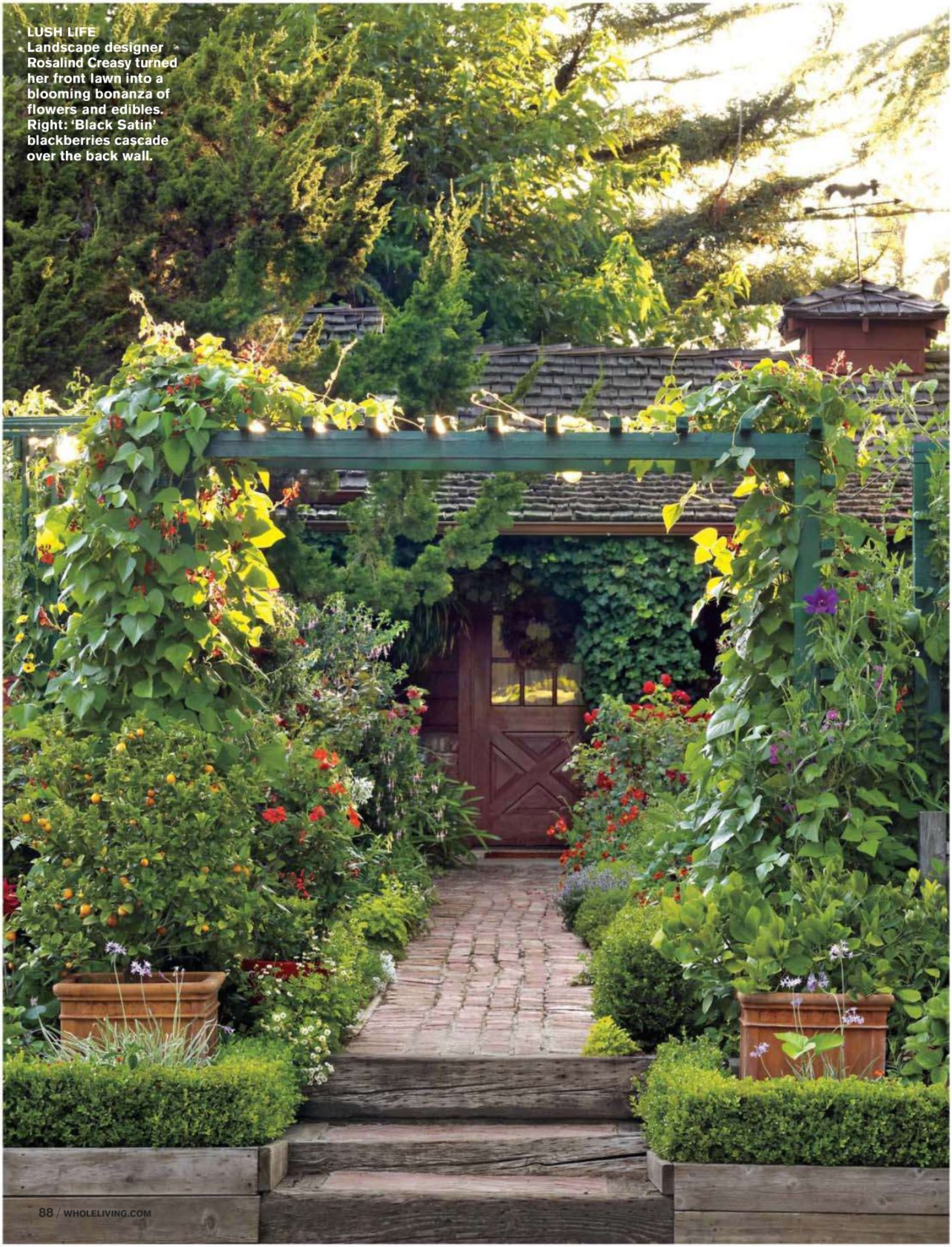
7 **A balanced life looks and feels different for everyone.**

8 **PATIENCE IS LIKE A MUSCLE. IF YOU DON'T USE IT, IT WASTES AWAY.**

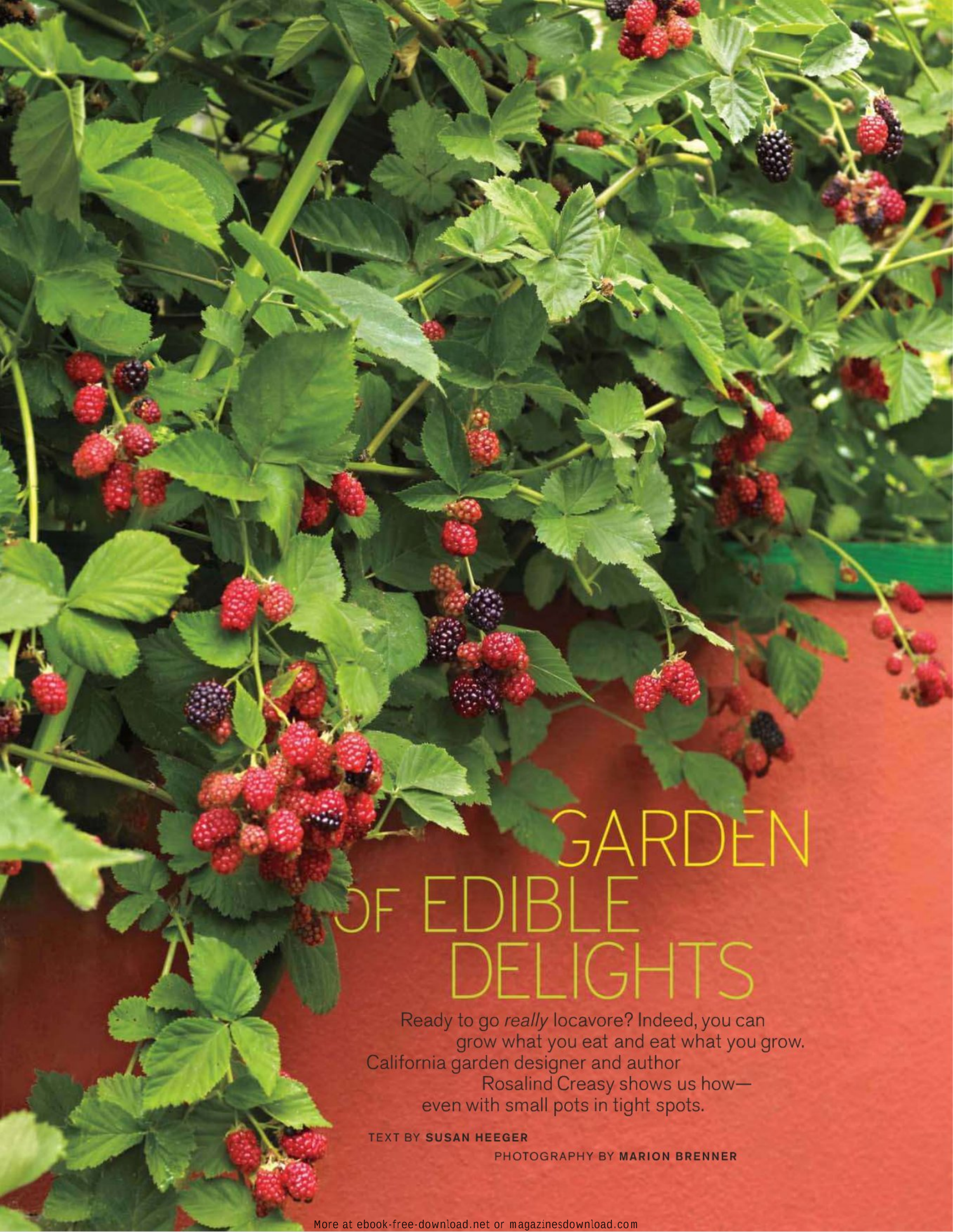
9 VULNERABILITY brings trust. Trust brings OPPORTUNITY.

10 Let sensory pleasure, not rules, guide a healthy appetite.

photograph by Raymond Hom, prop styling by Julie Ho



LUSH LIFE
Landscape designer Rosalind Creasy turned her front lawn into a blooming bonanza of flowers and edibles. Right: 'Black Satin' blackberries cascade over the back wall.



GARDEN OF EDIBLE DELIGHTS

Ready to go *really* locavore? Indeed, you can grow what you eat and eat what you grow. California garden designer and author Rosalind Creasy shows us how—even with small pots in tight spots.

TEXT BY **SUSAN HEEGER**

PHOTOGRAPHY BY **MARION BRENNER**

So, you might be thinking you'd love to grow your own vegetables, if only you had a big chunk of earth and an endless expanse of time. But you don't need either: Edible plants can thrive in nooks and crannies—tucked into flower beds, along the street, beside the driveway, or in easy-care pots. You'll still reap the benefits of good, fresh food; improve your soil; and feel a little more self-sufficient, says California garden designer Rosalind Creasy. For more than 25 years, in the tiny front yard of her quarter-acre property on the San Francisco Peninsula, Creasy's zucchini have coexisted with her marigolds and her 'Big Bertha' peppers with her petunias. "It's just as easy to grow vegetables as flowers," she says. She believes the most striking gardens combine the pretty and the practical. In addition to being beautiful, flowers draw pollinators such as bees, as well as other "good" insects (ladybugs and lacewings) that help control the "bad" ones (aphids and caterpillars). It's a better way to boost plant health than using chemical pesticides, which wipe out those good insects along with the bad.

Creasy began her garden's transformation back in the 1990s, after she took out her front lawn, laid a wide brick patio to create a courtyard, and carved two small terraces at the edge of her sloped lot to prevent water from running off into the road. She traded ornamental trees and shrubs for fruit, hedges for blueberries, and jasmine for arbors twined with cherry tomatoes. Tulips pop up amid her salad greens, and roses bloom among her blackberries. Here's how she worked edibles into the mix.

PLACEMENT PLOTTING With a few exceptions, edibles need about eight hours of full sunlight. Since the lot is brightest in the front, most of Creasy's food plants had to go there. (Some herbs, such as parsley and dill, tolerate more shade.)

THE SHRUB SWAP Dense green junipers once separated Creasy's driveway from a neighbor's. She subbed in a dwarf 'Pink Pearl' apple tree, along with blueberries, strawberries, and cherry tomatoes. This colorful pastiche, which includes purely ornamental boxwood, blooming *Gaillardia* (blanket flower), *Celosia* (cockscomb), and purple irises, made her neighbors so happy, they added their own tomatoes.

GIVING TREES For privacy and screening, Creasy and her neighbors share fruiting trees: a 'Fuyu' persimmon, 'Black Mission' figs, 'Bearss' limes, and 'Shinseiki' Asian pears. The ripe fruit, each arriving in its own season, hangs copiously on either side, so both households can enjoy it.

MORE ABOUT ROSALIND CREASY



The creator of this edible Eden is a food and garden writer, photographer, and landscape designer whose passion for organic gardening and growing her own food dates to the 1970s. She gives lectures across the country, has appeared on numerous radio and television shows, and works as a consultant to restaurants, growers, and seed companies. Her latest book, *Edible Landscaping*, is a revised and updated version of *The Complete Book of Edible Landscaping*, published in 1982. It's due out this November from Sierra Club Books.

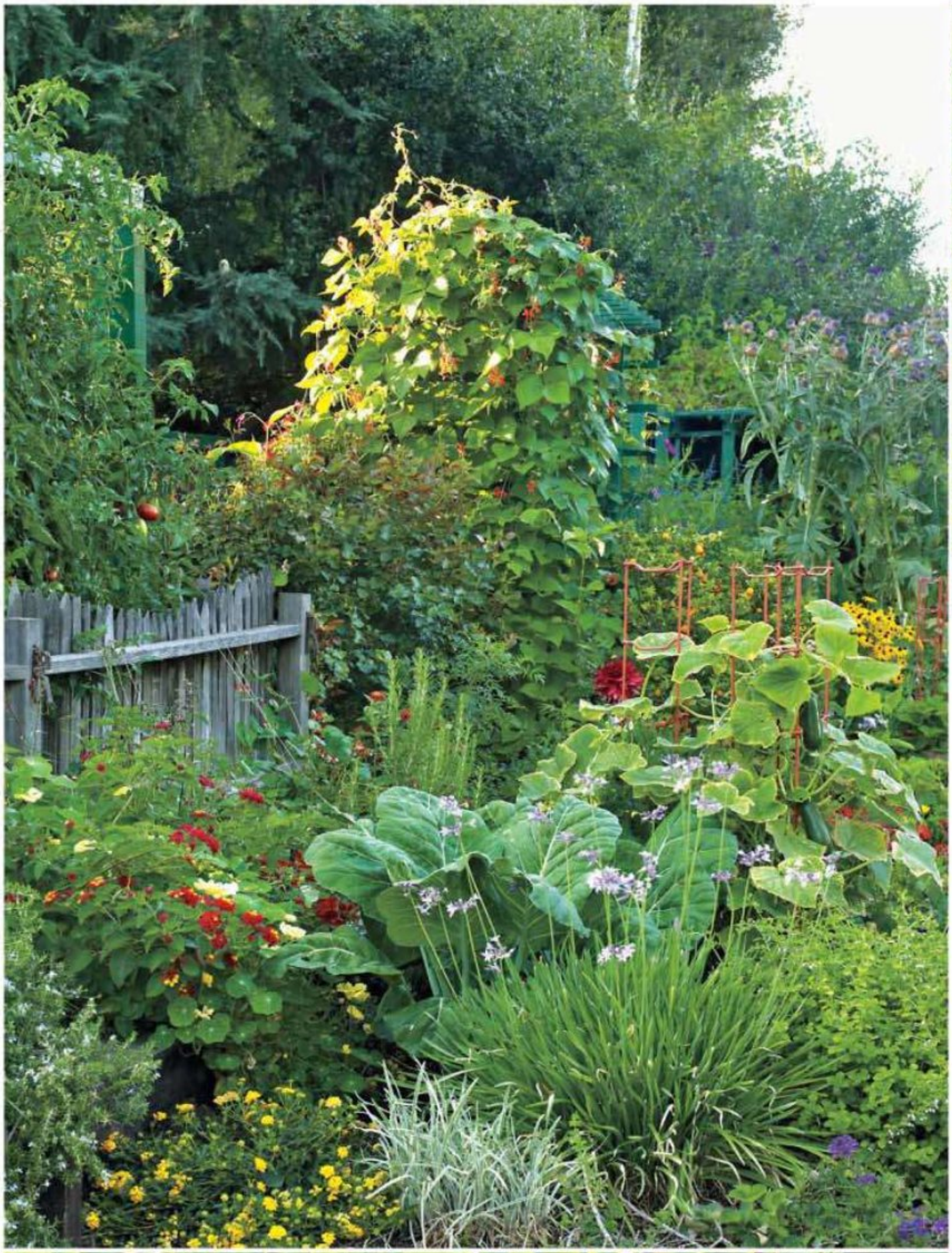
DELICIOUS DIVIDERS Like most petite front gardens, Creasy's needed separation from the street, along with ways to delineate smaller spaces. Instead of building walls or planting hedges, she made dividers she could eat: 'Enchantment' tomatoes and 'Straight Eight' cucumbers on wood frames strung with wire trellising. Between her yard and the street, she installed low redwood fencing and planted flowers and edibles—including geraniums, black-eyed Susans, strawberries, and collards—in front of and behind the fence. Even her chicken coop, discreetly positioned in a corner of this same front space, is a version of a garden room, its wire walls supporting 'Sungold' tomatoes.

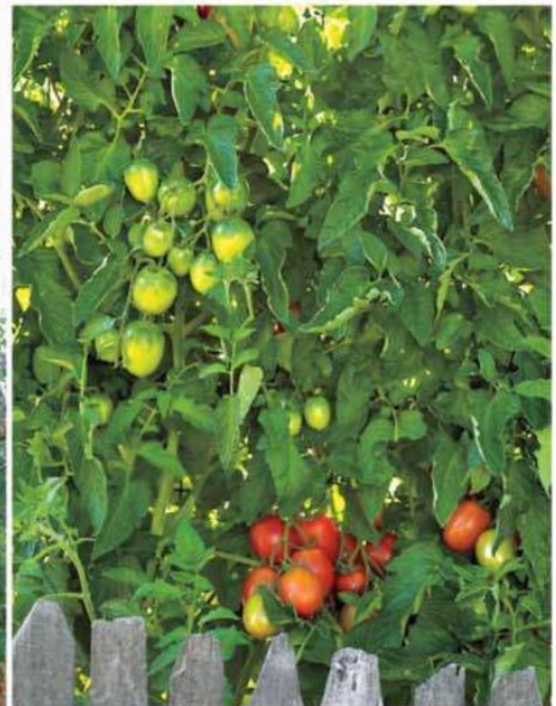
EDIBLE ARBORS At the garden's entrance is a gateway twined and topped with scarlet runner beans and blooming clematis. The clematis is a common garden greeter, and the beans' upright vining habit makes them ideal for the job as well. In the shadier rear garden, Creasy trained a lusty 'Lisbon' lemon over the entrance to a seating spot. Its scented flowers and large fruit draw attention to a quiet corner that might otherwise go unnoticed.

COVERING GROUND For the gaps in planted borders and between stepping stones, Creasy chose herbs like spreading thyme, instead of more prosaic fillers such as turfgrass or baby's tears. Not only do such herbal carpets flower, smell good, and attract bees, they're also less thirsty than most of their purely decorative cousins.

CONTAINER CONVENTION Since she never has enough bed space for all she wants to grow, Creasy plants about 20 extra-large pots full of peppers, cucumbers, winter squash, and bush beans. Pots add architectural elements and make edibles easy to tend. And because they're raised in potting soil, the plants are changed often and never need weeding. You can also give seedlings a good start by growing them in a container. (See instructions on page 94.)

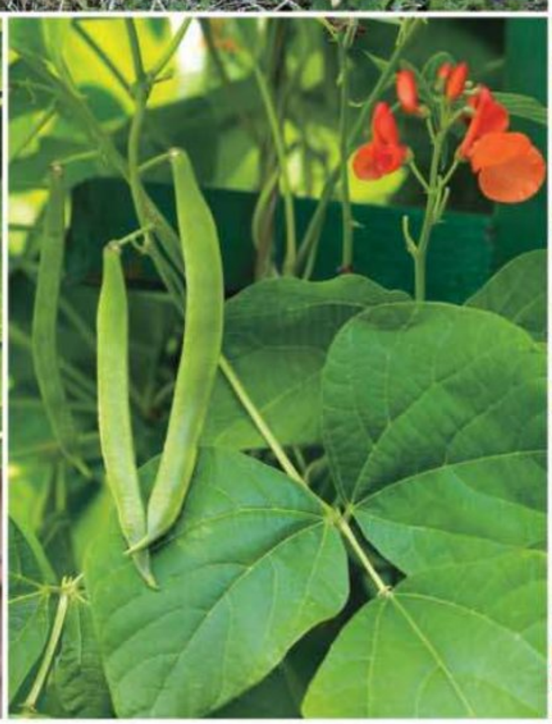
SUSAN HEEGER *is co-author of* From Seed to Skillet, *an edible garden primer due out in November from Chronicle Books. She lives in Los Angeles.*

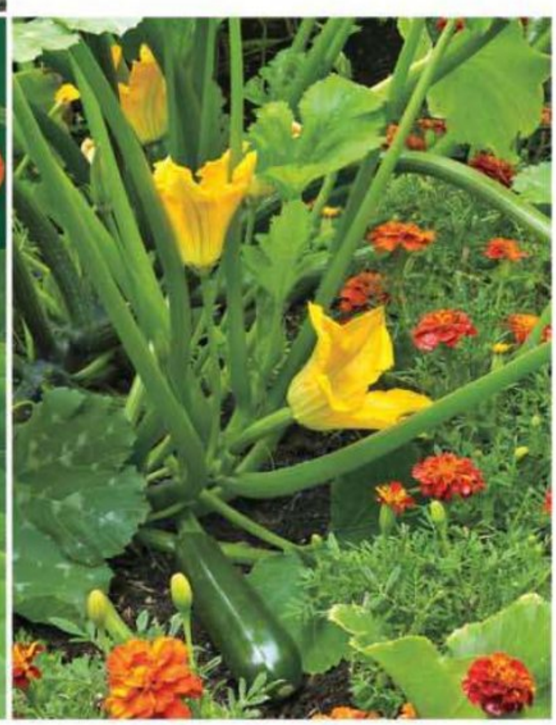




HOW HER GARDEN GROWS
Clockwise from top left: 'Straight Eight' cucumbers and society garlic sprout among nasturtiums and oregano; red cherry tomatoes; 'Raven' zucchini flowers and orange marigolds; scarlet runner beans along the arbor near the garden's entrance; 'Seascape' strawberries raised in pots to ward off slugs and fruit rot.









REAPING WHAT YOU SOW
Many fruiting plants (like this persimmon tree) are perennials, meaning they can produce for years; most vegetables are annuals—they'll grow for a single season and then die—so your commitment to them is shorter. Right: On the patio, Creasy's "barrel garden" consists of dozens of container plants grouped in eclectic clusters. The multiple levels of flowers, herbs, and produce are easy to tend and create lushness and depth.





NEAT SEAT
Creasy painted a neighbor's unwanted Adirondack chair and placed it amid her Persian cucumbers and 'Green Zebra' tomatoes, just past the scarlet runner-bean arbor.

GARDEN CONTAINER 101



FERTILIZER
Buy organic. Chemical varieties often lack trace elements plants need.

+



SEEDS
Space according to packet instructions. (Try Martha Stewart's organic variety from Home Depot.)

+



SOIL
Add a lightly moistened layer of organic potting mix at least a foot deep.

+



FILLER
Place a plastic bag filled with leftover packing peanuts in the bottom of large containers to use less soil.

+



VESSEL
Any container (at least 18 inches high and 28 inches in diameter) can work, as long as you drill a few holes in the bottom.

+



FEET
Use wooden blocks or other items to raise your planter and help drainage.

EIGHT GREAT EDIBLES

Creasy suggests these seeds for just about any climate. For more easy-to-grow produce and planting tips, go to marthastewart.com/vegetable-gardens.

1 Lettuce
2 Peppers
3 Blueberries
4 Strawberries
5 Zucchini
6 Collard greens
7 Cucumbers
8 Mediterranean herbs (oregano, sage, and thyme)



MAKE WATERING EASY

"I killed a lot of plants before I learned this lesson," Creasy says, "especially potted plants." All her containers now use drip irrigators, which can be regulated by automatic timers (kits from $28 for 30 drippers; *dripdepot.com*). Since small-scale tubing releases water around the plants' roots, less moisture is lost through evaporation than with sprinklers.

illustrations by Kate Francis/Brown Bird Design



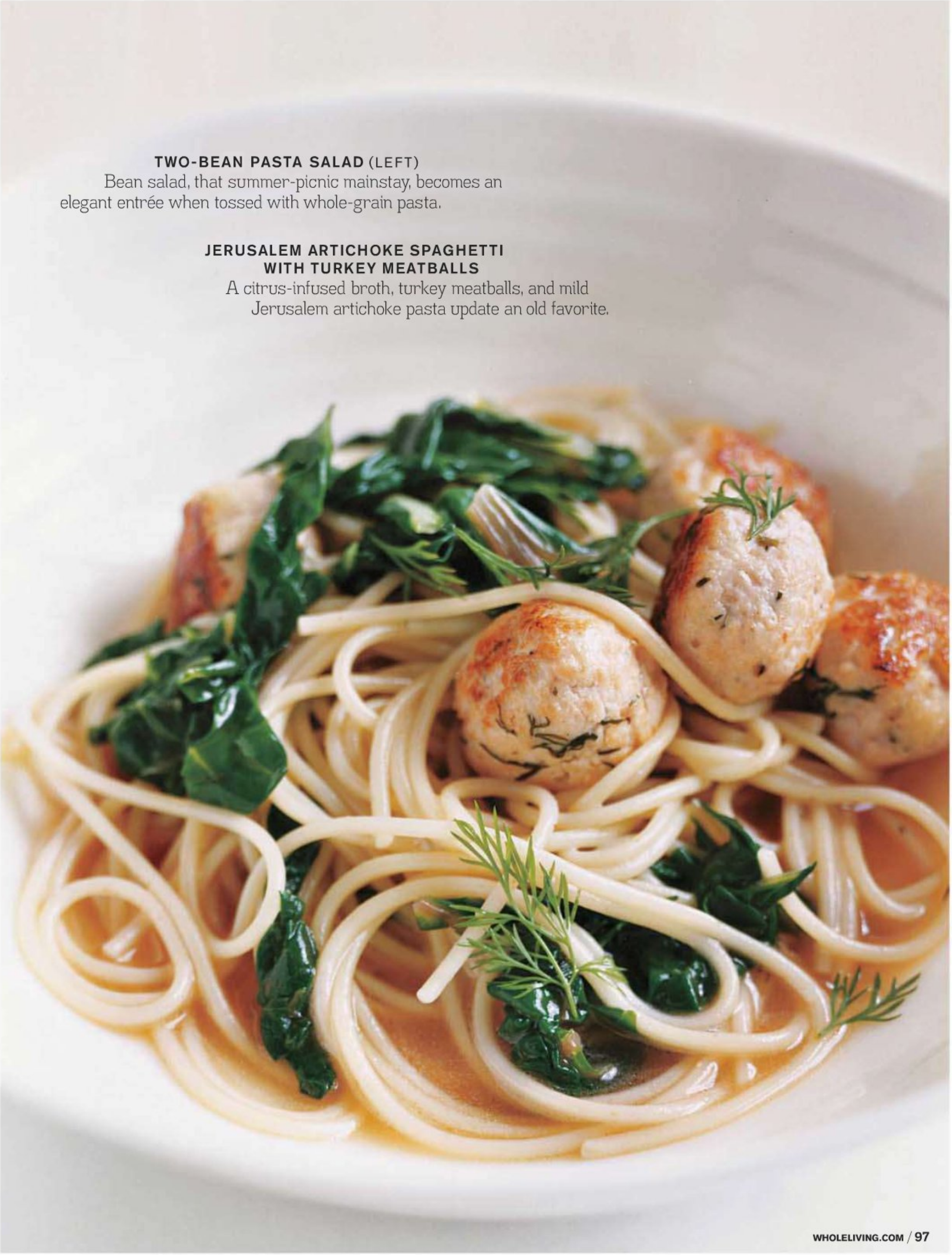
HERBAL ESSENCE
Creasy's recycled wine barrel herb garden contains chives sprouting behind (from left) oregano, 'Green Ruffles' and 'Purple Ruffles' basil, and marjoram. Rosemary, parsley, variegated cress (front center), and thyme grow out of holes she carved into the sides.

HEALTHIER PASTA

Explore a world beyond white: Alternative noodles are more nutritious—and delicious—when paired with sauces that suit their flavor quirks.



TEXT BY **AMANDA GOLD** RECIPES BY **SARAH CAREY** PHOTOGRAPHY BY **MARIA ROBLEDO**



TWO-BEAN PASTA SALAD (LEFT)
Bean salad, that summer-picnic mainstay, becomes an elegant entrée when tossed with whole-grain pasta.

JERUSALEM ARTICHOKE SPAGHETTI WITH TURKEY MEATBALLS
A citrus-infused broth, turkey meatballs, and mild Jerusalem artichoke pasta update an old favorite.

SOBA WITH SALMON AND WATERCRESS

This cold noodle dish was inspired by the taste of buckwheat blinis with smoked salmon and crème fraîche.





OVEN PUTTANESCA

The neutral flavor of this gluten-free penne allows an assertive oven-roasted sauce to shine.

USE YOUR NOODLE

A guide to smarter pastas



1 SPELT
Rustic but not gritty, spelt works hot or cold. It contains gluten, but people with wheat allergies can sometimes tolerate it. Kamut has a similar flavor.

2 SOBA
This Japanese buckwheat pasta is traditionally served cold. Try it in a creamy sauce or with Asian ingredients.

3 JERUSALEM ARTICHOKE
The sweet, nutty flavor added by the Jerusalem artichoke flour, balanced with the texture of semolina ("regular") pasta flour, makes this an ideal choice. Pair it with bright flavors like lemon or any tomato-based sauce.

4 BROWN RICE
When cooked properly, this gluten-free variety is a good all-purpose pasta that pairs well with most sauces. Rinse it after cooking so it doesn't get gummy.

5 CORN AND QUINOA
A neutral, gluten-free pasta; corn adds a little sweetness, and quinoa ups the protein.

6 BROWN RICE, SOY, AND POTATO
A good gluten-free substitute for regular pasta, with a neutral all-purpose flavor.

7 CORN
Sweet, light, and earthy, it stands up to acidic salads and fresh vegetables. (It gets mushy when overcooked.)

8 WHOLE WHEAT
More fragile than regular noodles, this flavorful pasta can still hold its own against rich sauces and retains its bite after reheating.

9 FARRO
Higher in fiber and protein, this nutty pasta has a coarse, hearty texture that suits bold sauces.

Forkfuls of Goodness

TWO-BEAN PASTA SALAD

SERVES 4 (V) (V)

10 oz. green beans, trimmed and cut into 1-inch pieces (about 2½ cups)
8 oz. whole-wheat, kamut, or spelt pasta shells
¼ cup white balsamic or apple cider vinegar
1 tsp. minced garlic
Kosher salt
¼ tsp. sugar (optional)
⅓ cup extra-virgin olive oil
¼ tsp. ground black pepper, plus more to taste
2 stalks celery, cut crosswise into ⅛-inch-thick slices (about 1 cup)
1 cup cooked black-eyed peas, kidney beans, or chickpeas (canned are OK)
½ cup shredded basil, plus more for garnish

1. Bring a large pot of salted water to a boil. Add green beans and cook until tender, about 3 minutes. Remove from boiling water with a slotted spoon and run under cold water to stop the cooking; set aside.
2. Add pasta to the same boiling water and cook until al dente. Drain and rinse under cold water.
3. In a large bowl, whisk together vinegar, garlic, ½ tsp. salt, and sugar, if using. Whisk in the oil in a steady stream, and season with ¼ tsp. black pepper.
4. Add celery, peas or beans, and green beans to the vinaigrette, then add pasta and toss well to combine. Let pasta salad marinate for at least 1 hour.
5. Just before serving, stir in shredded basil. Season to taste with salt and pepper.

PER SERVING: *433 calories; 3 g saturated fat; 16 g unsaturated fat; 0 mg cholesterol; 57 g carb; 13 g protein; 10 g fiber*

JERUSALEM ARTICHOKE SPAGHETTI WITH TURKEY MEATBALLS

SERVES 4

2 slices white bread, crusts removed and coarsely ground into crumbs (about ¾ cup)
3 Tbsp. skim milk
¾ lb. ground white-meat turkey
3 Tbsp. chopped dill, plus sprigs for garnish
6 Tbsp. (about 1½ oz.) crumbled feta
1½ tsp. minced garlic
Kosher salt
¼ tsp. freshly ground pepper
8 oz. Jerusalem artichoke spaghetti
1 bunch Swiss chard, leaves only, cut crosswise into 1-inch strips (8 cups)
2 Tbsp. extra-virgin olive oil
1¼ cups chicken stock
2 to 3 tsp. lemon juice

1. To make the meatballs, soak breadcrumbs in milk for 10 minutes. When ready, combine bread with turkey, chopped dill, feta, and garlic, and mix gently with hands. Season with salt and pepper; mix just to incorporate. With damp hands, form mixture into small balls (about 1 Tbsp. each).
2. Bring a large pot of salted water to a boil, and add the pasta. Cook, stirring occasionally, until pasta is almost cooked through. Add chard to the pot and finish cooking together, until pasta is al dente.
3. While pasta is cooking, heat oil in a large, straight-sided skillet over medium-high heat. Add meatballs and brown on all sides, about 2 to 3 minutes. Add stock and bring to a simmer. Cover skillet until meatballs are cooked through, about 5 minutes more. Stir in lemon juice to taste.
4. Drain pasta and chard together; toss with some liquid from the meatballs.
5. Transfer to serving bowls, and spoon extra liquid around pasta. Top with meatballs; garnish with dill. Serve immediately.

PER SERVING: *473 calories; 5 g saturated fat; 7 g unsaturated fat; 61 mg cholesterol; 53 g carb; 29 g protein; 3 g fiber*

OVEN PUTTANESCA

SERVES 6 (V) (V) (S)

6 tomatoes (about 1¾ lb.), cut into 1-inch wedges
2 cloves garlic, thinly sliced (1 Tbsp.)
3 Tbsp. capers, rinsed
2 Tbsp. extra-virgin olive oil, plus more for drizzling
Kosher salt and freshly ground pepper
⅓ cup pitted kalamata olives, halved
12 oz. neutral-flavored penne, such as Bionaturae gluten-free (rice, soy, potato)

1. Preheat oven to 425°F.
2. Toss tomatoes, garlic, capers, oil, salt, and pepper on a rimmed baking sheet. Roast for 35 minutes, then reduce oven to 375°F. Add olives, stirring once, and roast 15 minutes more.
3. Meanwhile, bring a large pot of salted water to a boil. Add pasta and cook until al dente. Drain.
4. Toss with tomato sauce, and season to taste with salt and pepper. Serve drizzled with olive oil.

PER SERVING: *294 calories; 1 g saturated fat; 6 g unsaturated fat; 0 mg cholesterol; 51 g carb; 6 g protein; 3 g fiber*

SOBA WITH SALMON AND WATERCRESS

SERVES 4

6 oz. salmon fillet, skin removed
8 oz. soba noodles or other flavored pasta
½ cup buttermilk
1 Tbsp. extra-virgin olive oil
1 Tbsp. fresh lemon juice
1 tsp. lemon zest
2 Tbsp. minced chives
Kosher salt and freshly ground pepper
1½ cups watercress

1. In a straight-sided skillet over medium-low heat, bring 2 inches of water and a pinch of salt to a boil. Gently place salmon in water. Poach at a low simmer until cooked through, about 7 to 8 minutes. Remove and let cool; flake into large pieces.
2. Meanwhile, bring a large pot of salted water to a boil. Add soba and cook until al dente. Drain and rinse under cold water.
3. In a large bowl, toss soba with buttermilk, olive oil, lemon juice and zest, chives, and salt and pepper to taste. Add watercress and salmon, and gently combine. Serve or refrigerate until ready to eat.

PER SERVING: *305 calories; 1 g saturated fat; 5 g unsaturated fat; 28 mg cholesterol; 45 g carb; 19 g protein; 2 g fiber*

RADICCHIO PASTA

SERVES 4 (V)

8 oz. hearty pasta, such as spelt, farro, or whole grain
3 Tbsp. extra-virgin olive oil
5 cloves garlic, minced (about 1 Tbsp.)
5 anchovies, minced (about 2½ tsp.)
⅔ cup golden raisins, coarsely chopped
½ cup toasted pine nuts
½ cup (about 1 oz.) grated pecorino
Kosher salt and freshly ground pepper
½ cup part-skim ricotta cheese
½ head radicchio, cored and very thinly shredded (about 2 cups)

1. Bring a large pot of salted water to a boil. Add pasta and cook, stirring occasionally, until al dente.
2. While pasta is cooking, heat oil in a large, straight-sided skillet over medium-high heat. Add garlic, anchovies, and raisins, and cook until fragrant, about 2 minutes. Stir in pine nuts.
3. Drain pasta, reserving ½ cup pasta water. Add pasta to the pan, and stir to combine. Moisten with pasta water as necessary. Stir in half the pecorino, and season with salt and pepper to taste.
4. Divide pasta between four plates, and top each with a dollop of ricotta, a handful of radicchio, and a sprinkling of the remaining pecorino.

PER SERVING: *608 calories; 7 g saturated fat; 18 g unsaturated fat; 24 mg cholesterol; 69 g carb; 19 g protein; 4 g fiber*

(V) **vegetarian** no meat products
(V) **vegan** no animal derivatives
(S) **special diet** no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts

prop styling by Betty Alfenito, food styling by Sarah Carey



RADICCHIO PASTA
Substantial, nutty noodles meet their match in a spirited Sicilian-style sauce.

ONLINE For more healthy pasta alternatives, go to **wholeliving .com/grain-recipes**

WHEEL LIFE

Fresh air, exercise, extra cash in your pocket—you know the benefits of swapping your car for a bike every once in a while. But as the country gets more cycle-friendly, your trusty two-wheeler could become your default mode of transportation. If you're looking to haul kids, groceries, or just yourself to the office, there's a bicycle built for you.

BY **JAMES KAMINSKY**
PHOTOGRAPHY BY **DITTE ISAGER**





THE ERRAND RUNNERS

McKenzie Hoffman, *23, media assistant (left)*
Susan Jang, *28, media buyer*

Why we ride: The friends ride together while shopping.

Tips: "Equally distribute items in the front basket to keep from wobbling," suggests Jang. "It's easiest to store heavy things over your back wheels," Hoffman says.

THE BIKES (FROM LEFT):
BELLEVILLE WSD BY TREK This three-speed holds a ton and is made of eco-friendly materials. $660; *trekbikes.com* **TOWNIE EURO 8I BY ELECTRA** It has eight speeds and a cargo rack. $999; *electrabike.com for stores*

THE EXTRAS:
'ROUND TOWN BIKE PANNIER BY NOVARA Has handles and folds flat. $40; *rei.com* **QUICK-RELEASE WICKER BASKET BY ELECTRA** Can carry up to 11 pounds. $40; *rei.com*

**We know—helmets are important! Our bikers took theirs off just for the cameras.*



A funny thing happened on the way to astronomical gas prices, environmental awareness, and a national obsession with fitness: America rediscovered the bicycle. Cycling rates in most cities have risen by double digits over the past few years, largely because people are deciding that bikes are practically the new cars. Cities such as New York, San Francisco, Chicago, and even traditionally auto-centric places like Atlanta are riding the boom by building new bike paths and parking facilities, and suburbs are offering more options for those who want to combine a bike commute with a train commute. Manufacturers have also introduced bikes with comfy seats and features like built-in baskets, racks, and lights. "It wasn't long ago that a woman who showed up at work with a bicycle would be looked at as a total weirdo," says Leah Shahum, executive director of the San Francisco Bicycle Coalition. "That's no longer the case."

In fact, bike wonks say the number of female riders indicates a city's cycle-friendliness. "Women are at the center of this movement," says Caroline Samponaro, director of bicycle advocacy for New York's Transportation Alternatives. And they're incorporating bikes into everyday life without suiting up for the Tour de France. "People think you need to wear special clothes and buy a bunch of gear," says L.A. bike commuter Molly Arevalo. "It just isn't true. You need a bike and a helmet. If you get more into it, you can buy the extra things." Whether you want to run errands, ride to work, or tote the kids, we've got the tools and tips from real cycling converts to get you started. Happy rolling.

JAMES KAMINSKY *is a writer, media consultant, and the former editor-in-chief of* Men's Journal *and* Maxim. *He lives in New York City.*



THE COMMUTER

Molly Arevalo, *34, teacher*

Why I ride: "My job is about seven and a half miles from home. Biking in the morning energizes me."

Tip: "Sweat isn't as big a deal as people think. Bring an extra shirt and maybe deodorant. I wear my hair in a ponytail when riding and then take it down or put it in a bun."

THE BIKE:

WORLD NX7 BY SCHWINN This seven-speed glides over potholes and keeps you clean with fenders and a chain guard. $550; *rideschwinn.com*

THE EXTRAS:

WAXED CANVAS PANNIERS BY LAPLANDER BAGS Roll-up saddle bags that look as good over your shoulder as they do on the rear rack. $195; *laplanderbags.etsy.com*

WOMEN'S DAILY RIDING PANT BY OUTLIER The double-weave twill fabric is stretchy enough for riding and still work-appropriate. $180; *shop.outlier.cc*

COMMUTING GEAR

More accessories to help keep you safe and sane as you pedal through rush hour.



WORKER WHEELS

Developed by mountain-bike pioneer Joe Breeze, who set out to create the ultimate safe commuter bike, the Villager has 27 speeds, fenders, a heavy-duty rear rack, and front and rear lights powered by a hub generator so they stay lit for several minutes after you stop. **VILLAGER BY BREEZER,** $1,019; *breezerbikes.com for stores*

2% PEOPLE IN THE UNITED STATES WHO COMMUTE DAILY BY BICYCLE (THOUGH MORE THAN HALF OF AMERICANS LIVE LESS THAN FIVE MILES FROM WHERE THEY WORK)

SOURCES: U.S. Census Bureau's American Community Survey and U.S. Department of Transportation Federal Highway Administration

BIKE-SAFETY TIPS

HOW NOT TO GET DOORED, AND SIX OTHER LIFESAVERS

ACT LIKE A CAR
Obey all vehicular rules—stop at lights and signs, signal turns, ride in the direction of traffic, and remember pedestrians always have the right of way.

KNOW WHERE YOU'RE GOING
Personal safety is every bit as important as traffic safety; stay out of sketchy areas.

RIDE IN THE DOOR-FREE ZONE
Getting slammed by the opening door of a parked car is one of the greatest dangers for a city cyclist. Give yourself a wide enough berth. If you're on a one-way street, you may want to increase your odds by riding on the left. (There will always be a driver but not always a passenger.)

LIGHTEN UP
At night or dusk, use a flashing rear light and a helmet- or bike-mounted headlight.

STAY VISIBLE
At a light or stop sign, riders often pull up directly to the right of a car, into its blind spot. Instead, stop way ahead of the car so you're more visible to traffic on all sides.

NEVER MOVE LEFT WITHOUT LOOKING
Plenty of drivers pass cyclists on the left with just inches to spare, so moving over even a tiny bit can result in a collision.

WEAR A HELMET
No, it isn't the law. Yes, it looks slightly ridiculous. Just consider the worst-case scenario and bite the bullet. You'll thank us later.



COMPUTER CARRIER

This nylon pack has a padded compartment for a laptop (up to 15 inches), a cell-phone pocket, room for documents, and a breathable back to keep you from sweating. **LIGHTWEIGHT SPORT BACKPACK BY CASELOGIC,** $55; *caselogic.com*



CITY SLICKER

Much sleeker than a poncho, this waterproof jacket will cover your butt—literally. (It's longer in the back.) It also has reflective details. **WOMEN'S TOURING JACKET BY SHOWERS PASS,** $150; *showerspass.com*



SERIOUS SECURITY

The Fort Knox of locks, it has a hardened-steel shackle with a double dead bolt that resists cutters and anything else a thief might try. **NEW YORK LOCK STD BY KRYPTONITE,** $89; *kryptonitelock.com for stores*



PERFECT PROTECTOR

Turn a dial on the top to tighten or loosen a wire band that wraps all the way around the interior. No more pinching or strap wrestling. **02 HELMET BY LAZER,** $120; *performancebike.com*



SMART LIGHT

It clips on to your handlebars and includes a built-in solar panel that gives you two and a half hours of light, plus a rechargeable battery as backup. **HYBRID BY CATEYE,** $60; *cateye.com for stores*

DAVID BYRNE'S ROAD RULES

NO PARTY, NO FOOLING AROUND

Erstwhile Talking Head and conceptual artist David Byrne is also known as a die-hard cycling advocate. The 58-year-old has used bikes as his primary transportation around New York City for nearly 30 years. Lately, he's been at the forefront of the bike-everywhere movement, speaking at advocacy meetings and even designing whimsical bike racks shaped like coffee cups or stilettos. Here are some of his directives for a better life through biking.

BE SECURE: "I got some security bolts that require specific tools to unscrew [and] replace the quick releases and the seat release.... Neither my wheels nor my seat have been stolen in a while."

BE SAFE: "In the winter and on cold days, I wear a skateboard helmet. They cover a lot of your head and they don't have holes in them, so they're warm. When the weather gets milder, I wear a more expensive racing model with a lot of holes in it, which doesn't prevent helmet hair but allows my scalp to breathe a little."

BE COOL: "I find that unless it's really hot out, I can dress pretty normally, which often means long pants and a shirt with a collar. If I relax and don't push the speed, then I don't turn into a fountain."

—Excerpted from *Bicycle Diaries* by David Byrne, Viking, copyright 2009

SHOPPING GEAR

For quick trips to the farmers' market or grocery store, you need comfort and loads of storage space.



ECO-PANNIERS

Recycled from old inner tubes and event banners, these can hold all your market bounty and attach and detach easily from a rear rack. **GROCERY PANNIER ECO BY BONTRAGER,** $200; *bontrager.com for stores*

SLEEK SHIELDS

These handcrafted beauties are made from hardwoods like mahogany and maple in Woody's garage in Bend, Oregon. Each one is signed and dated. **CUSTOM WOOD FENDERS BY WOODY'S FENDERS,** $119; *woodys fenders.com*



$5,713

THE AVERAGE AMOUNT OF MONEY YOU COULD SAVE EACH YEAR IF YOU USED A BIKE INSTEAD OF A CAR

SOURCE: American Automobile Association and Transportation Alternatives



BASIC BASKET

Because it has a handle and slides on and off its mount, it also makes a great shopping basket. **3133 WH BIKE BASKET BY WALD,** $28; *rei.com*

ALL-IN-ONE TOOL

It brilliantly includes eight tools (four wrenches, a chain tool, two spoke wrenches, and a screwdriver) that snap together to become a quick-release skewer. **TÜLIO BY PEDRO,** $40; *pedros.com for stores (available midsummer)*





LUXE LUGGER

A classic Dutch bike, its fancy features include a leather spring saddle, a chain guard, built-in fenders, a heavy-duty rear rack, a hub-generator light, and a spoke shield on the rear wheel to keep a dress from getting caught. **TOER POPULAIR LADY BY GAZELLE,** $1,349; *dutchbikeco.com*

KID-TOWING GEAR

With a child attached, you'll want the power to pull and the tools to prepare you for any mid-ride hiccups.

HOT WHEELS

The Café 8 is an eight-speed with a seat that leans forward slightly to help you pedal harder and faster. It also has a sleek—yet sturdy—rear rack and even a cup holder on the handlebars. **CAFÉ 8 BY FELT,** $569; *feltbicycles.com*



PEDAL PUSHERS

The Coronado Cruiser shoe isn't just cute. Its smart design includes a strip of sticky (recycled!) rubber under the ball of your foot for a better grip on the pedal. **CORONADO CRUISER BY KEEN,** $80; *keenfootwear.com*





BPA-FREE BOTTLE

It won't shed a drop (even when it's upside down in your purse); the innovative bite valve seals tight unless the bottle is squeezed. **PODIUM BOTTLE BY CAMELBAK,** $8; *camelbak.com*

410

CALORIES

THE AVERAGE NUMBER YOU CAN BURN PER HOUR WHILE PEDALING AT A MODERATE PACE

SOURCE: National Institutes of Health

WEB SITES

GET ONLINE BEFORE YOU HIT THE ROAD

The **Alliance for Biking and Walking** (peoplepoweredmovement.org) is a coalition of more than 160 nonprofit advocacy groups across North America.

To try cycling without buying wheels, check out the **Bike Sharing Blog** (bike-sharing.blogspot.com).

Recently, **Google Maps** (maps.google.com) rolled out its "bike directions" feature, which specifies dedicated bike lanes, roads, and trails and gives turn-by-turn instructions.

The late **Sheldon Brown**'s encyclopedia of biking knowledge (sheldonbrown.com) is perfect for beginners who don't know a chain from a crank arm.

For cycling fashion tips, head to **Copenhagen Cycle Chic** (copenhagencyclechic.com).

PORTA PUMP

This mini pump inflates with impressive power, thanks to a hose that pulls out of the handle. **HIGH-PRESSURE DRIVE HAND PUMP BY LEZYNE,** $35; *amazon.com/sports*



TOP TRAILER

Safer than those toddler seats you attach to the frame, the sidecar lets you see your kid at all times and stays grounded even during quick turns. It takes seconds to slip on and off. **SIDE CARRIER BY CHARIOT CARRIERS,** $500; *chariotcarriers.com*



FIX-A-FLAT KIT

The kit includes six no-mess self-adhesive patches that bend and flex with the tube, sandpaper (to roughen the surface), and three levers (to get the tire off the bike). **TIRE AND TUBE REPAIR KIT BY PARK TOOL,** $5; *parktool.com for retailers*



additional reporting and writing by Roy Wallack and Jamie Prokell. wardrobe by Albert Mendonca, Style Assistant, Ruben Sugastame, hair and makeup by Tena Bernard, produced by Carol Cohen. product photographs provided by manufacturers

THE MOM

Jeania Schilling, *43*

Why I ride: "I started using a bike with a trailer to avoid traffic when bringing my daughters [Ella, 6, and Cate, 3] to school, and now I'm so much happier, and so are they. The movement relaxes them, and I'm my best after a ride."

Tip: "The safest route might not always be the shortest. I started going the same way a car would go. Cars were whizzing by, and I thought, 'Oh my God!'"

THE BIKE:

LIVE 03 BY GLOBE Has stop-on-a-dime disc brakes, a steering-assist device to help control large loads, and a wood-bottomed rack. $1,550; *globebikes.com for stores*

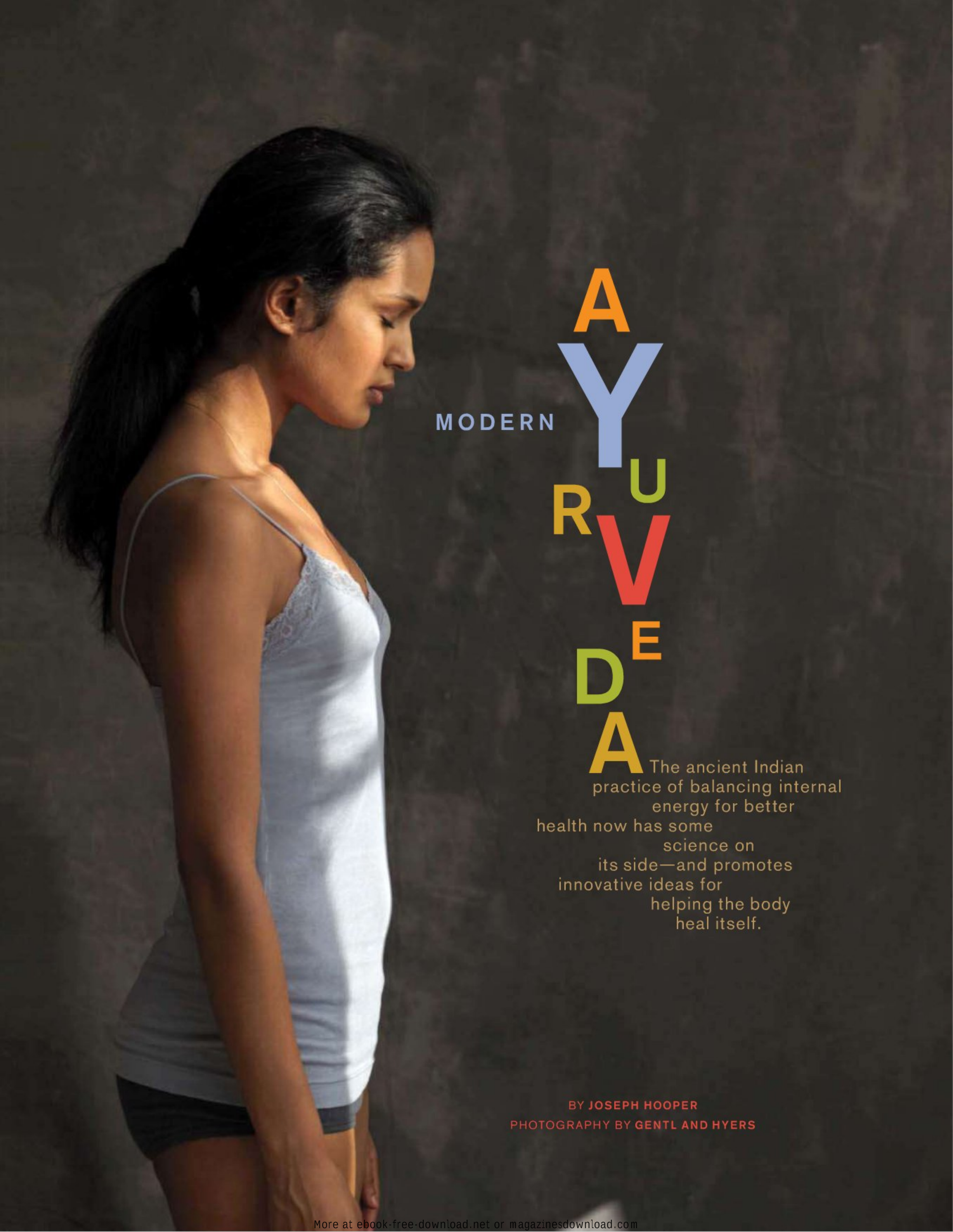
THE EXTRAS:

ADAMS ORIGINAL FOLDER ONE BY TRAIL-A-BIKE Best for kids 4 and up, the trailer hooks securely to an adult bike's seat post. $199; *trail-a-bike.com for stores*

SECTION HELMET BY GIRO Lightweight, vented, skater-style protection. $45; *amazon.com*

ONLINE Get commuting and riding tips from other readers and add your own at **wholeliving.com/bike-talk**





MODERN AYURVEDA

The ancient Indian practice of balancing internal energy for better health now has some science on its side—and promotes innovative ideas for helping the body heal itself.

BY **JOSEPH HOOPER**

PHOTOGRAPHY BY **GENTL AND HYERS**

Shel Pink, 40, a Los Angeles working mother of two, wakes up every morning with the sun, gives herself an oil massage, and does yoga or meditates before she sits down to her breakfast of steel-cut, organic oatmeal and fruit. She brings lunch to the office, usually rice and mung bean, and most challenging, she gets to bed by 9:30 or 10 p.m. She does all of this according to a traditional system of health said to have been developed by Indian *rishis*, or seers, some 5,000 years ago. Who knows if they saw this coming? But since the '80s, the discipline called Ayurveda has been taking root in this country, thanks to popularizers such as Deepak Chopra and Ayurvedic training programs that have produced a new generation of American-born teachers who are proving that the message of balanced living is actually quite modern.

Ayurveda ("science of life" in Sanskrit) covers a lot of ground: diet, lifestyle, "detox" massage and cleansing techniques (*panchakarma*), and herbal remedies (*rasayanas*). It also makes use of the sister disciplines of yoga and meditation. Everything fits into a unifying philosophy of balance—living in sync with our own unique energetic makeup.

According to Ayurveda, we, and the universe we exist in, are composed of three complementary energies, or *doshas: vata,* which is movement; *pitta,* which is transformation; and *kapha,* which is stability. The three doshas comprise five "great elements" that give them their distinctive qualities. Vata is made of air and space, pitta of fire and water, kapha of water and earth. We're all our own proprietary blend of vata, pitta, and kapha, but we usually have one dominant dosha that determines things such as our personality and appetites.

Our doshas shape our identity, but they can also be our Achilles' heel when the dominant energy becomes too strong. For instance, the pitta personality is naturally drawn to hard work and high achievement, but if she gets too caught up in that, to the exclusion of her softer (kapha) or more reflective (vata) sides, she's courting a physical and/or emotional breakdown. In Ayurveda, everything is connected. The fiery pitta personality may crave spicy foods, which then fuel hot emotions. "My students always ask me, 'Does that mean I can never trust my instincts?'" says Hilary Garivaltis, dean of the Ayurveda program at the Kripalu Center in Stockbridge, Massachusetts. No, she advises, but we do have to check in to gauge the consequences of our diet and lifestyle choices and pacify our out-of-balance dosha with its opposite energy.

Sound too simplistic? A number of studies, admittedly small scale, have shown Ayurvedic herbal remedies effective in treating chronic conditions like heart disease and diabetes. Hari Sharma, M.D., of Ohio State University's Center for Integrative Medicine, has found that many of these traditional Indian herbs are among the most potent antioxidants yet discovered. And, intriguingly, the Ayurveda approach dovetails with two of the most significant trends in modern Western medicine: integrative medicine, with its emphasis on treating chronic diseases with adjustments to diet and lifestyle, and genomic medicine, which is beginning to tailor treatment to individual genetic differences. In India, there's even an emerging field of "ayurgenomics," which yielded a 2008 study that was able to separate the three doshas according to sophisticated genetic and biochemical markers. Says Bhaswati Bhattacharya, M.D., a clinical assistant professor at Weill Cornell Medical College who teaches Ayurveda to Western physicians at her Dinacharya Institute in New York City: "We're finding that the science validates what the classical Ayurvedic texts are saying in a more poetic way."

WHAT'S YOUR DOSHA?

Finish these sentences to determine which dosha is guiding you.

In the morning, I tend to…

A *Jump out of bed full of energy but without a clear idea of what I need to do*

B *Wake up easily and dive into my day in a methodical way*

C *Fight getting out of bed and then take forever to get started*

In a conversation, I tend to…

A *Nervously talk too much or talk over people*

B *Be clear and to the point*

C *Be more concerned about the feelings of the person I'm talking to than getting my point across*

In general…

A *I love the "high" of making new friends and having adventures*

B *I'm so focused on my job that family often takes a backseat*

C *My life revolves around my closest relationships*

When I get angry, I…

A *Get so agitated, I lose sight of what or who is making me mad*

B *Fly off the handle and lash out*

C *Swallow my feelings and feel miserable afterward*

When I'm emotionally out of sorts, I…

A *Get anxious and fearful, and my mind has a tendency to race*

B *Feel burned out and irritable from driving myself so hard*

C *Feel apathetic and maybe even depressed*

When I'm physically out of sorts, I…

A *Feel constipated, gassy, or headachy*

B *Feel like I have heartburn, and that my digestive system is off*

C *Feel bloated and can't keep the weight off*

(Turn the page to finish the quiz and see your results.)

● VATA

In the Ayurvedic tradition, dry, cool vata energy is associated with movement, be it thoughts passing through the mind or food through the digestive system. When vata puts its stamp on a person, she's lean, fine-featured, often tall. She might work for a start-up or go into writing or the arts. But all that nervous energy can leave her stuck in high gear, an anxious wheel-spinner. She can be short on follow-through, and "an airhead," Bhattacharya says bluntly.

HEALTH

When vata energy is exaggerated, the quick, active mind becomes nervous, agitated, and prone to insomnia and sometimes headaches. A common first line of defense is addressing diet (eat hearty, warming foods) and lifestyle (get on a regular schedule: early to bed, early to rise). An Ayurvedic practitioner may then prescribe a preparation that includes ashwagandha, a heating herb that can stabilize nervous energy during the day and enhance sleep at night. Too much dryness in the system leads to incomplete digestion, constipation, and/or excess gas. Using pepper and ginger in cooking heats up the "digestive fire" that can burn rather weakly in the cool vata. Dryness often shows up in the joints as pain or even osteoarthritis, and can be helped by using anti-inflammatory spices such as ginger and turmeric.

DIET/NUTRITION

In Ayurveda, the key to proper nutrition for everyone is eating whole foods—whenever possible, in season. But each dosha type has to exercise special care with foods that can exacerbate her dominant energy, especially in the season when that energy runs high. A vata person who eats dry, cold vata foods (for instance, cereals and raw vegetables) in vata season (late fall/early winter: think cold, desiccating winds) is creating a recipe for imbalance. Instead, go with moist, warming foods like soups and stews, and add a warm piece of salmon to a salad.

ROUTINE/LIFESTYLE

Vatas tend to hit the ground running—sometimes in circles. Bhattacharya recommends a morning meditation to focus the mind and a set routine to bring some discipline into the picture. Vatas are drawn to—and built for—high-energy sports like jogging and cycling, but they can wear out quickly. K. Michael Ferranti, a New York City practitioner and educator who runs Gotham Ayurveda, recommends yoga (gentle Hatha is a good choice) or Pilates to balance those aerobic efforts.

SEX/RELATIONSHIPS

"They say in a relationship, one person is the kite and one is the string," Bhattacharya notes. "Vata is the kite." Vata-in-balance can bring spontaneity and fun to any relationship. A vata out of balance can be a flighty novelty-seeker—but Garivaltis says that she may pacify her excess vata energy by finding a loyal kapha mate to ground her. "Two vatas together will have a ball and then burn out quickly," she warns. In the bedroom, vatas usually want frequent sex—but if they indulge that craving every time, they'll drain their shallower energy reserves.

SKIN/BODYWORK

"Oil is vata's best friend," says Garivaltis, who recommends applying sesame or almond oil at least every other day, either in the morning or before bed. The heavy oil, generously applied, locks moisture into vata skin, which has a tendency to dry out, especially in vata season, and a gentle 5-to-10-minute massage with it has a calming effect on the tightly strung vata nervous system.

WHAT'S YOUR DOSHA: PART II

continued from page 111

When it comes to food, I…

A *Sometimes forget to eat and can get too thin*

B *Have a ravenous appetite, but with my strong, medium build, losing weight isn't a problem*

C *Have a steady appetite, but I can never seem to shake those extra 5 or 10 pounds*

When it comes to sports, I …

A *Love endurance aerobic exercise, sometimes to the point of exhaustion or injury*

B *Love fast-paced, one-on-one competition, sometimes to the point of getting obsessed*

C *Don't see what the fuss is about, but once I start, I can go slow and steady forever*

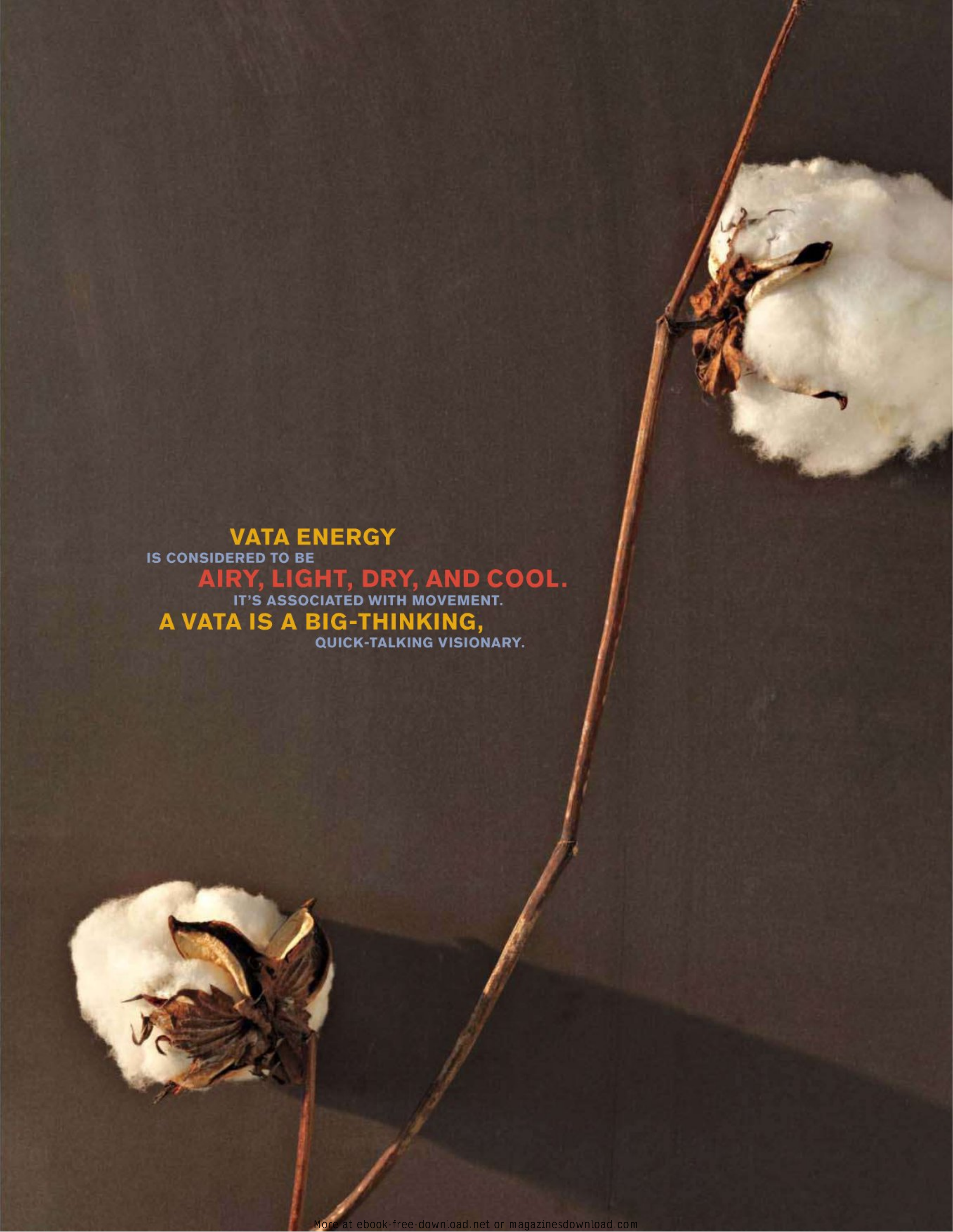
ANSWER CODE

● *Mostly As – Vata*

■ *Mostly Bs – Pitta*

▲ *Mostly Cs – Kapha*

Note: *Keep in mind that we're all a blend of doshic energies. If you're in between doshas, you can fill out the chart at gothamayurveda.com. For a guide to Ayurvedic practitioners, go to ayurveda-nama.org.*



VATA ENERGY
IS CONSIDERED TO BE
AIRY, LIGHT, DRY, AND COOL.
IT'S ASSOCIATED WITH MOVEMENT.
A VATA IS A BIG-THINKING,
QUICK-TALKING VISIONARY.



PITTA ENERGY IS
SHARP, PUNGENT, AND FIERY.
A PITTA IS A STRIVER
WHO LIVES TO SURMOUNT CHALLENGES.
HER MOTTO IS
"CONQUER THE WORLD!"

Institute in Albuquerque, she should try an activity like yoga, meditation, or swimming.

PITTA

In the body, pitta is the metabolic heat that transforms food into energy, and in the person, it's what animates the strong, medium-built striver who lives to solve problems and surmount challenges. She's the competitor who's climbing the professional ladder in business, medicine, or law—smart, engaged, on point. She can also become part of the burn-out crowd. When pitta is too much, she's a judgmental perfectionist. "That's the surgeon throwing the instruments across the operating room," Bhattacharya says, "the domineering parent, the 'my way or the highway' control freak."

HEALTH

Inflammation is the common thread in pitta unwellness. It can derange digestion (heartburn, irritable bowel syndrome, ulcers), the skin (rashes), and the hormonal systems (thyroid and sex-hormone disorders, including infertility). The remedy is straightforward: Put out the fire! The first step is attention to diet and lifestyle. (Tone down the competitive approach.) Moderation is recommended for caffeine and alcohol across the board, but pittas in particular tend to over-rev on coffee and vent aggression when they drink alcohol; they would do well to replace both with mint drinks and coconut water, especially in the "pitta-genic" summertime. Cooling spices like cumin, coriander, and fennel can help with overheated digestion and should be used in cooking.

DIET/NUTRITION

Pitta has the strongest "digestive fire" of the three doshas but can abuse it by overdoing foods that are spicy, oily, or salty. If the digestive system rebels, it's time to emphasize sweeter, cooler fruits and vegetables (raw or cooked), such as melons, carrots, and broccoli. All told, the pitta nutritional approach should be low-acid, high-alkaline, and anti-inflammatory, Ferranti says.

ROUTINE/LIFESTYLE

Garivaltis suggests meditation or relaxing exercise in the morning and a routine that's big on restorative sleep and three square meals. (A high-performance engine has to be carefully maintained.) The pitta who is feeling grounded can indulge her yen for high-octane activity. If she's feeling the wear and tear, says Vasant Lad, director of the Ayurvedic

SEX/RELATIONSHIPS

At her best, pitta is a passionate romantic. She loves the excitement of surprise flowers ("They're cooling," Lad says) or a closed-curtains weekend getaway. At her out-of-balance worst, she can be jealous and sexually manipulative. "'I want it because I want it,'" Bhattacharya says. "It's about 'me,' not 'us.'"

SKIN/BODYWORK

A 5-to-10-minute massage twice a week with coconut or sunflower oil takes the edge off living la vida pitta, but a scalp and foot massage may be enough. Ferranti suggests adding cooling essential oils like peppermint to the base oil. For irritations, turmeric—either as a cooking spice or in a preparation—can help soothe.

WEEKEND DETOX

According to Ayurvedic philosophy, "toxins" from undigested food and life experiences build up in the body and mind. You don't have to visit an Ayurvedic practitioner for a panchakarma cleanse every time you feel the need to rejuvenate the system. Working with Kripalu's Hilary Garivaltis, we came up with a one-to-three-day at-home weekend detox program. The idea is to keep things simple to better tune in to yourself.

Dawn (or before) *Perform morning ablutions: Think of it as cleansing the five senses. In addition to the standard Western routine of evacuating the bowels and bladder, washing the face, and brushing teeth, take care to wash the eyes and gently scrape the tongue. With a dropper, apply a few drops of sesame oil inside the nose. Then rub oil on the whole body to gird yourself for the rigors of the day.*

6:30 a.m.–7 a.m. *Sit by a window or outside, being present and silent, for up to 30 minutes and greet the rising sun, connecting with its energy. Set your intentions for the day that's about to unfold. If you have a formal meditation practice, now's the time for it. Bring movement to the system by doing some stretching.*

7 a.m. *Prime your system with an 8 oz. glass of warm water and lemon juice, which helps flush wastes through the digestive system. Prepare the food you'll need for the day, the same food for each of your three meals. This is a "monodiet" with a simplicity that provides a kind of "digestive vacation." The classic monodiet is kitchari (mung dal, rice, and an optional steamed vegetable). You can find recipes at benourished.net.*

7:30 a.m. *(or earlier if you've gotten up well before dawn) Breakfast of kitchari and lots of hydrating (and toxin-flushing) warm herbal tea, such as ginger, without sweetener. Drink it throughout the day as well. Avoid caffeine, even green tea.*

▲ **6 a.m.–10 a.m.** *Yes, even the hours of the day have doshas. This is kapha time, regarded as heavy, slow, and good for memory work. This may be the best time for journaling, taking stock of your life, and noting what things are working for you (relationships, job) and what may need to be shaken up.*

(continued on page 116)

▲KAPHA

Grounded Kaphas are "earth mother" types with pale skin, big eyes, and lustrous hair. (They often turn up in more nurturing lines of work: counseling, nursing, cooking.) Kaphas may be healthy, but they're almost always carrying at least an extra 5 or 10 pounds. When out of balance, "even their tenacity is lazy," Bhattacharya says; for example, the kapha who can't bear to let go of anything gets bogged down in clutter.

HEALTH

Think of the body fluids that lubricate the human system and drain the wastes from it: lymph, mucous, phlegm. Now, imagine that the channels are blocked, and you've got the out-of-balance kapha: the tendency to bloat and hold on to excess weight (with the cardiovascular risks that entails) and an oft-clogged respiratory system that's prone to infection. Ayurveda aims to energize this chilly, sluggish system with diet and 30 to 60 minutes of exercise a day. Because an overweight, out-of-shape body is prone to so many maladies, out-of-balance kaphas may be especially good candidates to see a practitioner for recommendations.

DIET/NUTRITION

Almost invariably, kaphas are drawn to what is not good for them: high-calorie sweet and fatty foods. They, and for that matter, anyone who is feeling heavy and sluggish (especially in kapha season, late winter/early spring), should forgo milk, butter, and ice cream (not to mention chocolate, cheese, and cake). Instead, go with sharp, astringent, and bitter foods that seem to suck the moisture out of your mouth and cut through the mucous. Apples, beans, cauliflower, and cabbage are all good choices. "Swiss chard, berries, and spinach actually detox your body," Ferranti adds. A liberal amount of pepper and sharp tastes help wake up the system, Bhattacharya says.

ROUTINE/LIFESTYLE

According to Ayurveda, we should all get up with the sun or before it. For kaphas, this is especially important—and loathsome. "They hate it!" Lad says. Kaphas should fight their sedentary tendencies with yoga (a vigorous style of Vinyasa) in the morning, Garivaltis says, and aerobic exercise—jogging or cycling, for instance—later in the day. If kaphas start to become too introverted and housebound, Ferranti says, they should see friends or throw a party.

SEX/RELATIONSHIPS

"Kaphas absolutely need intimacy and cuddling," Bhattacharya says. Sexually, they may be slow to heat up, but once they do, they have deeper reservoirs of energy than either vata or pitta. The dark side of the out-of-balance kapha? Not surprisingly, she will hold on too tightly and smother her mate out of insecurity. The kapha-vata match is often the best—nurturance and liveliness in balance.

SKIN/BODYWORK

Oil massage is less important for kaphas, who already have plenty of water and fat in their tissue. Once or twice a week is fine. Ferranti suggests adding an aromatic oil like eucalyptus or camphor to a grapeseed base to heat up the massage. Or add some turmeric for an anti-inflammatory self-detox treatment, Bhattacharya says. Kaphas also might try dry-brushing the entire body with a loofah sponge or body brush. The friction, practitioners say, energizes the body by breaking up stagnation in the lymphatic system.

WEEKEND DETOX

Afternoon hours *(continued from page 115)*

The afternoons of your detox weekend are about winding down your day.

■ **10 a.m.–2 p.m.** *This is pitta time, when the digestive fire burns brightest. Lunch, taken around noon, is the biggest meal. If the monotony of the food is too much, you can vary it slightly from day to day. Go to ayurveda .com for vegetable choices and dosha-specific spicing.*

● **2 p.m.–6 p.m.** *At vata time, when the sun is shifting and energy is up, the body tends to be restless. Go outside and take in nature with a long, mindful walk. If you live in a city, go to the park.*

Sunset *Just like dawn, this is a propitious time to sit quietly and take in the (setting) sun. If you have a formal meditation practice, do it. Give thanks for the day, not focusing on dissatisfactions or things that need changing.*

▲ **6 p.m.–10 p.m.** *It's back to heavier kapha time. Have an early dinner, around 6 p.m., and begin the winding-down process. Before bed, around 9 p.m., rub a little lavender massage oil on the soles of the feet and the crown of the head to calm the nervous system. If you're a milk drinker, have a glass of warm milk with a pinch of nutmeg or cinnamon, another natural relaxant.*

At the conclusion of the weekend, think about how making these small Ayurvedic changes influenced you and which ones you might be able to incorporate into your daily life.

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in balance

UNCOMMON WISDOM FROM EXTRAORDINARY MINDS

ECONUNDRUMS

Author MINDY PENNYBACKER, founder of Greenerpenny.com, solves our green dilemmas.

Q Set the record straight once and for all: Is taking a bath better for the planet than taking a shower?

A As much as I love a good soak in the tub, I have to admit that it's a bigger drain on the earth. A typical bath takes 30 to 70 gallons of water, according to the EPA, while the average eight-minute shower uses only 17 gallons, reports the Alliance for Water Efficiency. A bath also uses more fuel to heat water, which means more pollution and greenhouse-gas emissions from the power plant that supplies your home. I find a five-minute shower under a low-flow head gets me squeaky clean with only 12.5 gallons and no sense of deprivation (well, almost!). The reward: You've earned the occasional indulgence of a good, long bath.

▸▸ **(CONTINUED ON P. 126)**

photograph by John Dolan, hair and makeup by Dana Johnson, wardrobe by Zoe Glassner, prop styling by Elizabeth Durels

ONLINE
For more wisdom, check out our expert bloggers at **wholeliving.com/blog**

INSIGHT ROUNDTABLE

Q HOW CAN WE CULTIVATE PATIENCE WITH OTHERS?

Some days it seems everybody knows how to push your buttons—even (especially) the people you love. We asked three sages what to do when fleeing to a desert island isn't an option.

A SPIRITUAL COUNSELOR RESPONDS:

JONATHAN ELLERBY, Ph.D., spiritual director, Canyon Ranch Wellness Program

When we lose patience, we're typically having a strong emotional reaction, and that engages the limbic region of the brain. You first need to get your body on your side. The most effective way is through your breath: slow, deep belly breaths through the nose. Deep breathing can actually shift your neurological functioning, moving brain activity from the limbic region (where the stress response begins) to the front of the brain, which houses your executive and creative functions—your more evolved self. Deep breaths cue your body to slow down and look for a new reaction.

Every emotional reaction has a thought attached to it. We want to break the habitual reaction and replace the old thought with a new one. This is where affirmations come in handy. The next time you get into a testy discussion, say, with your brother-in-law, you can have one in your back pocket. Maybe it's, "He's doing the best he can" or "It's unfortunate that he doesn't know any better."

At the very heart of patience, however, is forgiveness. The harshness or judgment of impatience that we feel toward others often reflects that which we inflict on ourselves. Try to view your impatience as a need for forgiveness, and rather than lashing out, ask yourself, "What loving act can I do right now?"

A TEACHER RESPONDS:

ESME RAJI CODELL, fifth-grade schoolteacher and author of *Educating Esme*

I meet so many people who want to be teachers but say, "I just don't have the patience." Well, I've lost my patience, too. Whenever you work closely with people, it's easy to get frustrated. But with experience, you come to embrace that the best-laid plans often ... well, make way for different plans. I've found the key to having patience is to expect the unexpected.

There are two reasons I think teachers commonly lose patience. One is because the children are misbehaving. In classroom-management courses, they give teachers little tricks, like ignoring attention-seeking behavior (easier said than done); counting to 10 (sometimes by twos); warnings (ever see a teacher write "no recess" letter by letter on the board for every minute the kids won't quiet down?); and, my favorite, acting slightly mad before you're really mad (also known as "the squinty eye"). That way, kids know they're entering the danger zone before the teacher has to take a pill. The other reason we lose patience is because we're juggling too many things, which makes every task feel desperate. It's a signal that we need to shift gears. Put everything down long enough to give somebody a hug.

A NUN RESPONDS:

My dad told me before I entered the convent, "Never get into a pissing contest with a skunk." I laughed, but he was right. When I was a young nun, I had the impulse to jump in and fix everything. The older I get, the more I realize that people are where they are, and whatever they're upset about, it's usually more about them than me. The challenge when it comes to patience is twofold: To hold back and to wait.

For instance, there was this woman I used to work for who'd accuse me of filing away things she needed. Rather than challenge her, I'd say, "I'll go take a look," even though I knew what she was looking for was most likely on her desk. But there's something about saying nothing and letting the situation unfold on its own. I have come to realize how powerful that kind of silence can be.

The impulse to hurt someone back is strong, but I don't like how I feel when I do that. So I don't let anyone make me anything less than the most loving and kind person I want to be.

It's not just the big stuff (like going to church), but how you handle the everyday—that's what elevates the spiritual life. We have a choice, every single time, about how to respond to whatever crosses our path. I was in line in a crowded store over the holidays, and the woman behind me, with her arms full of toys, started to get impatient and vocal. I commented about how we have to expect this during this time of year, and offered to hold some of her items. I asked about her gifts and who they were for, and she lit up. (You can't be mad while talking about your grandchildren.) She visibly calmed down, and by the end, we were wishing each other a wonderful holiday.

SISTER KAROL JACKOWSKI, author of *Forever and Ever, Amen: Becoming a Nun in the Sixties*



DULY QUOTED

"There is invisible writing on the back of [your] diploma. ... It says: *You are brilliant, and the earth is hiring*. There is a rabbinical teaching that says if the world is ending and the Messiah arrives, first plant a tree, and then see if the story is true. Inspiration ... resides in humanity's willingness to restore, redress, reform, rebuild, recover, reimagine, and reconsider."

—Environmentalist PAUL HAWKEN *to the University of Portland's 2009 graduating class (Read this and other inspiring commencement speeches at humanity.org.)*

CAREER PATH

FIGHT OR FLIGHT? Defuse tension between you and your boss before you do something you'll regret.

So your manager took credit for your idea or passed you over for an opportunity. You're convinced there's something going on, and it's not good. Whenever a client comes to me with this problem, she wants to give the boss a piece of her mind or her resignation. But either of those options means you may be missing an opportunity to express your value.

BY MAGGIE MISTAL

1 **ASK THE BIGGER QUESTIONS.** As much as you think it's the boss who makes you want to run away, maybe you'd rather be spending your day doing something else. Is it a struggle to get up for work every day? Are you envious of other people and their dream jobs? If so, the problem may be bigger than just your boss.

2 **SEPARATE FACTS FROM FEELINGS.** My client Lisa told me she felt spurned by her boss because she never asked for her input. I pointed out that she couldn't assume her boss didn't trust her. Fact: Her boss wasn't asking her opinion. Feeling: Lisa felt disrespected. Feelings offer rich clues about what's going on, but we can't base all our decisions on them.

3 **TAKE ACTION.** Do your homework. Write a brief checklist to organize your thoughts, leaving emotion out of it. What outcome are you looking for? Then ask your boss for five minutes. Lisa said to her boss, without judgment, "I've noticed a lot of new initiatives lately. How do I get involved?" Explain how the organization will benefit, then let the boss respond. As it turned out, Lisa's boss had no idea she was interested in contributing and was thrilled to have her input.

4 **LET IT GO.** Close the conversation by thanking the boss for her feedback. If she's open, she'll appreciate an employee who's forthcoming. If not, she may not be someone you can rely on. Either way, you've learned something you wouldn't have had you chosen to stew in your cubicle.

MAGGIE MISTAL *is a life-purpose and career coach, and host of* Making a Living with Maggie *on Sirius/XM radio.*

FINANCIAL BALANCE

Q LAST YEAR MY RETIREMENT FUND WAS GUTTED, AND I'M SCARED TO DEATH. Wouldn't it be better off under the mattress?

BY M.P. DUNLEAVEY

A Some investors have dubbed these last 10 years "the lost decade." But scary times come, and scary times go. (Ask your grandma.) If you take the long view—say, the last 30 years—the average annual return of the S&P 500, a broad U.S. market index, was about 11.27 percent. (Not bad.)

But what the market does is one thing. Your response to it—that is, your risk tolerance—is another. Money can be scary, and you need to listen to your internal financial GPS to make choices you can live with.

I'd start with a risk-tolerance questionnaire. I recommend the online quiz by the Australian company FinaMetrica; it gets high marks from researchers, thanks to the way it synthesizes answers on a broad variety of topics (riskprofiling.com/money). It takes about 10 minutes to answer the 25 questions. Then, the quiz generates a report to help answer your next question: Where should you put your money?

If your risk tolerance is now at rock bottom, I sympathize. But your first obligation is to take care of yourself. You have to be smart and make sure your money is at least keeping pace with inflation (typically about 3 percent). You can start with a money market mutual fund, government bonds, or CDs, but they won't grow enough to support you in 20 or 30 years.

So let's go back to stocks, which really are the best way to maximize your investments. You want a portfolio that offers stability and growth. I recommend two types of mutual funds: index funds and target-date funds (see below for the quick scoop on each one). These offer the best returns with the most tolerable amount of risk, and they don't come with a bunch of fees (expense ratios, loads, or other mysterious-sounding charges) that can eat into profits.

I know the market scares you, but consider this: If you'd put your money into an S&P 500 index fund in 1980, it would have grown at an average annual rate of (you guessed it) 11.27 percent. Again, that's a good return for an average amount of risk.

The real antidote to financial fear is simply what you're doing now: acquiring knowledge. With knowledge comes confidence and, finally, a security of sorts. So you can sleep on that mattress instead of using it as a bank.

M.P. DUNLEAVEY *is the author of* Money Can Buy Happiness.

THE SAFEST BETS

Scared of high-risk investments? Here's where to lay your money down.

INDEX FUNDS

Copycat funds that mirror a market sector; e.g., an S&P index fund follows the S&P 500, which includes the 500 biggest U.S. companies. The leading provider is Vanguard (vanguard.com).

TARGET-DATE FUNDS

A balanced portfolio geared toward your year of retirement: As you get closer, your investments get more conservative. Top providers are Vanguard and T. Rowe Price (troweprice.com).

THE NATURAL VET





HOW TO TAP YOUR CAT'S SMARTS

It is a little-appreciated fact that cats—whom we tend to think of as willful, independent, and impervious to reason—can learn to respond to our commands as well as dogs do. BY NICHOLAS H. DODMAN

BRITISH AUTHOR and poet Rudyard Kipling pretty much summed up people's perception of cats in his story titled "The Cat That Walked by Himself." Independent, aloof, and self-sufficient are terms that people who don't know cats gladly assign to them. But cats are far more than that. They're more social than we might imagine and can even be trained. The key is to find out what reward will really float their boat: A pat on the head or a "Good boy!" probably won't do it. I trained my cat Cinder to sit on command, using food treats and a clicker.

TASTY REWARDS

Food is a powerful motivator, especially when paired with a secondary reinforcer like a clicking sound. The idea is that the cat will learn to associate one with the other, a theory you see in action when your cat comes charging after she hears you pop open a can of tuna. If a behavior earns a click and the click means food, your cat will perform that behavior more often. Later, you can add a voice cue: For instance, "sit" means performing that behavior will generate a click, and the click means food is coming.

Psychologists Marian and Keller Breland, pioneers of animal training, discovered the power of secondary reinforcement when they used clickers to train pigs to put coins in a bank, ducks to play a piano, and reindeers to run a printing press.

I used the same technique with Cinder: I'd wait for her to offer me a behavior, like sitting, and then click to signal a job well done and a reward to come. Finally, I'd click and reward her only when she sat after hearing, "Sit!" It took a few minutes of training for a few days before she'd do it reliably, but once the command was locked in, she never forgot it; years later, she'd sit when I asked, even without a treat or clicker.

MAGIC TRICKS

There are also more practical reasons to train a cat: We taught Cinder to come when called, which spared her many predicaments when we let her outside—only when we were around, of course—on sunny days.

I heard about one grad student who clicker-trained his cat to step on a pink rubber strip, the remains of a busted balloon. The cue words were "touch it." The student moved the strip across the floor, then onto a chair, and finally over a pressure-sensitive light switch. Eventually the student could climb into bed at night and say "touch it" to get his cat to bound across the floor, jump up on the chair, and hit the switch, turning off the light. And, yes, you guessed it, right after the light went out there was a click, and the student tossed over a treat. The student said the best thing was that he and his cat found new respect for each other; the communication actually enhanced their relationship. So training doesn't have to be demeaning for a cat; it can be life-enhancing or even empowering. Think about it this way: A cat can make his owner click and produce treats by engaging in a behavior. That's control! Clicker-trained cats probably think they're training us.

BEAUTIFUL MINDS

Training reveals how immensely intelligent cats are. I once went to a cat agility contest in Arlington, Texas, where enthusiastic cat aficionados ran around an obstacle course waving tinsel wands in front of their cats. The cats chased the wands in, over, or around weave poles (like kitty slalom). At first, I thought the cats were simply chasing the shiny objects—but when a few of them completed the circuit on their own after only a couple of run-throughs, I realized they'd learned the sequence. That takes smarts and memory. We fail to appreciate what cats can accomplish, and our paltry expectations lead us to reap what we sow.

We knew each other well, Cinder and I, and the fact that we could communicate made our relationship even more special. Unfortunately, she passed away at the ripe old age of 21, but she had a wonderful life, and I'll never forget her—just the way she never forgot how to sit when asked.

NICHOLAS H. DODMAN *is head of the Animal Behavior Department at Tufts University's Cummings School of Veterinary Medicine.*

photographs by junku


iams.com
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as it says it is.
And the blonde hair,
yeah, that's natural too.
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THE ENLIGHTENED KITCHEN

"ALL THE GOOD COOKS I KNOW USE THEIR HANDS.

Touch conveys so much about freshness, ripeness, condition, and texture. The best way to toss a bowl of salad greens is with your fingers: You won't crush the tender leaves, and you can feel when there is enough dressing. With practice, your hands will remember, and these skills will become natural." —ALICE WATERS

How to Wash Lettuce



CUT Remove any damaged outer leaves, and cut off the stem ends. **WASH** Fill a large basin with cold water. Drop the leaves into the water, and swish them around with your hands. Leave the lettuce in the water a minute or two to let any dirt or sand settle, then lift the leaves into a colander to drain. If the lettuce is still gritty, change the water and wash again. **DRY** Dry the lettuce thoroughly, in a salad spinner or the colander, in small batches. Then put the leaves in a single layer on a clean dish towel, and roll the towel up. Refrigerate.

For more from Alice Waters, see "The Whole Truth" on page 132.

ALICE WATERS *is a sustainable food advocate and chef. This excerpt is from her book* In the Green Kitchen *© 2010, published by Clarkson Potter, a division of Random House, Inc.*

▶▶ ECONUNDRUMS, CONTINUED

Q I work in an office with new particle-board furniture. Is there anything I can do to make the air around my desk a little greener?

A Poor you! I can relate, having suffered watery eyes and asthma from a new particle-board office desk and bookshelves. The glues used in most pressed woods release VOCs, including formaldehyde, a respiratory irritant that the EPA reports is likely a human carcinogen. Ventilation will help disperse the fumes. Open windows if you can, make sure central air vents are working, and get a small fan to keep air circulating.

You might also do a quick inventory of your work space for other potential contaminants: Keep surfaces as dust-free as possible with a rinsable, reusable cloth; dust is not only an allergen and irritant, but it can bind with toxic VOCs that evaporate from plastic computer casings as well as particle board. Watch out for inks and solvents, especially if your desk is near a printer, photocopier, or white board. Keep these offenders behind a closed door if you can, or ask for a fan to direct smelly fumes away from you.

And bring in potted plants, which help green a space in more ways than one. Plants produce oxygen and, some studies show, absorb toxic vapors as well as carbon dioxide. Plus, they're pretty and will cheer up your office.

MINDY PENNYBACKER *is the author of* Do One Green Thing *and editor of the site* Greener penny.com.

ONLINE For the answers to more questions, or to submit one of your own, go to **wholeliving.com/ask-mindy**

illustrations by Brown Bird Design

product guide



Items pictured but not listed are from private collections.

COVER
Model is wearing Adidas by Stella McCartney Stripe T-shirt in tangerine, $79; *zappos.com*. Lauren by Ralph Lauren Arionna shorts, $70; *macys.com for stores*. J.Crew flip-flops in pale gold, $13; *jcrew.com*. Electra quick-release wicker basket, $40; *rei.com*.

2 OPENINGS
Stella McCartney seersucker blazer in blue and white, $1,495; 212-255-1556. T. Monrow drape-neck shirt in ash, $88; *revolveclothing.com*. Mociun 14k-gold earrings with silver stone, $444, 14k-gold pendant necklace, $504, 14k-gold with emerald pendant necklace, $360, vermi and turquoise cluster pendant necklace, $468; *junoandjove.com*.

5 CONTENTS
Jeania is wearing J.Crew Medallion foulard pants, $80; *jcrew.com*. Gap Camp shirt in tomato red, $50; *gap.com*. Caslon tank in yellow, $18; *nordstrom.com for stores*. Lauren by Ralph Lauren Lakin sandals in brown, $63; *zappos.com*. Eco-Bags Sunny Tulips tote, $20; *ecobags.com*. Ella is wearing Gap Kids pin-tucked dress in blue, $30, and uniform cardigan in blue plume, $50; *gap.com*. Stride Rite Jodie Mary Jane shoes, $30; *nordstrom.com for stores*.

60 A CALL TO ARMS
Lululemon All Sport bra, $48; *lululemon.com*. Prana Baja capris in espresso, $65; *prana.com*.

102 WHEEL LIFE
McKenzie is wearing a Lauren by Ralph Lauren striped V-neck tunic, $100; *macys.com for stores*. Anthropologie bermudas, $58; *anthropologie.com*. Ugg sandals in bouillon, $90; *zappos.com*. Cara leather bracelet in yellow, $28; *nordstrom.com for stores*. Susan is wearing a Banana Republic crinkle shirtdress in rustic khaki, $120, and leather belt in brown, $60; *bananarepublic.com*. Pink Studio Portia sandals, $79; *anthropologie.com*. Molly is wearing a Vince Rustic blazer in natural, $395; *vince.com*. Anthropologie plaid shirt in black, $98; *anthropologie.com*. Adidas by Stella McCartney Melantai shoes in brown, $139; *zappos.com*.

110 MODERN AYURVEDA
Mushrooms provided by Moonlight's Delights, *moonlightsdelights.com*, and Oregon Mushrooms, *oregonmushrooms.com*. Lemons provided by Clifton's Nursery in California, 888-209-4356. Only Hearts cotton cami in pebble, $40; *onlyhearts.com*. Calida cotton boy shorts, $33; *takashimaya-ny.com*.

CORRECTION: "Elemental Beauty" (April, p. 91) incorrectly identified where Laura Kepshire worked. It should have read, "… at Serenity Center NYC in New York."

photograph by Dite Isager

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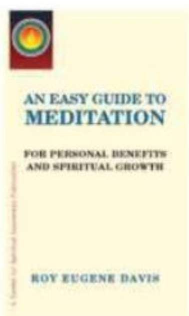
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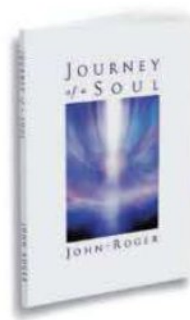
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marketplace

An emporium of products and services for healthy living.









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ALICE WATERS

The grande dame of the farm-to-table movement and owner of Chez Panisse restaurant in Berkeley, California, Waters created the Edible Schoolyard program to teach kids where their lunches really come from. Her latest book is *In the Green Kitchen: Techniques to Learn by Heart* (Clarkson Potter).

IF I COULD SAY ONE THING TO MYSELF 20 YEARS AGO ... Don't worry so much about [my daughter] Fanny's future. She's part of the world that understands real priorities, and part of the generation that will regenerate the planet.

MY FAVORITE PLACE IN THE WORLD ... A fishing village over the hill from Chez Panisse.

THE LESSON I KEEP LEARNING OVER AND OVER ... Don't be so controlling.

THE MOVIE I WATCH WHEN I WANT TO LAUGH ... *Good Morning, Vietnam* or *Groundhog Day*.

THE MOST SCARED I'VE EVER BEEN ... When Chez Panisse almost burned to the ground years ago.

BOOK THAT CHANGED MY LIFE ... *The Man Who Planted Trees* by Jean Giono.

I UNWIND BY ... Going for a long walk in the morning and having a glass of wine at dinner.

PROUDEST MOMENT IN MY CAREER ... Being awarded the French Legion of Honor this year.

WHAT KEEPS ME UP AT NIGHT ... So many things—but probably most of all, the responsibility I feel for the 117 remarkable individuals who work at Chez Panisse.

COFFEE OR TEA? ... Tea. I love to make a simple mint or lemon verbena tisane after a meal. It feels cleansing and calming.

MY DAD ALWAYS TOLD ME ... That I needed a computer. I have one now and am slowly mastering it!

THE LAST TIME I LOST MY TEMPER ... When I visited a school cafeteria and saw what we are feeding our children.

I WISH I HAD MORE TIME FOR ... Really doing nothing.

I ALWAYS MAKE TIME FOR ... Fanny and my friends.

I'M CURRENTLY READING ... *Terra Madre* by Slow Food founder Carlo Petrini.

WHOLE LIVING MEANS ... Understanding that each and every decision we make has consequences.

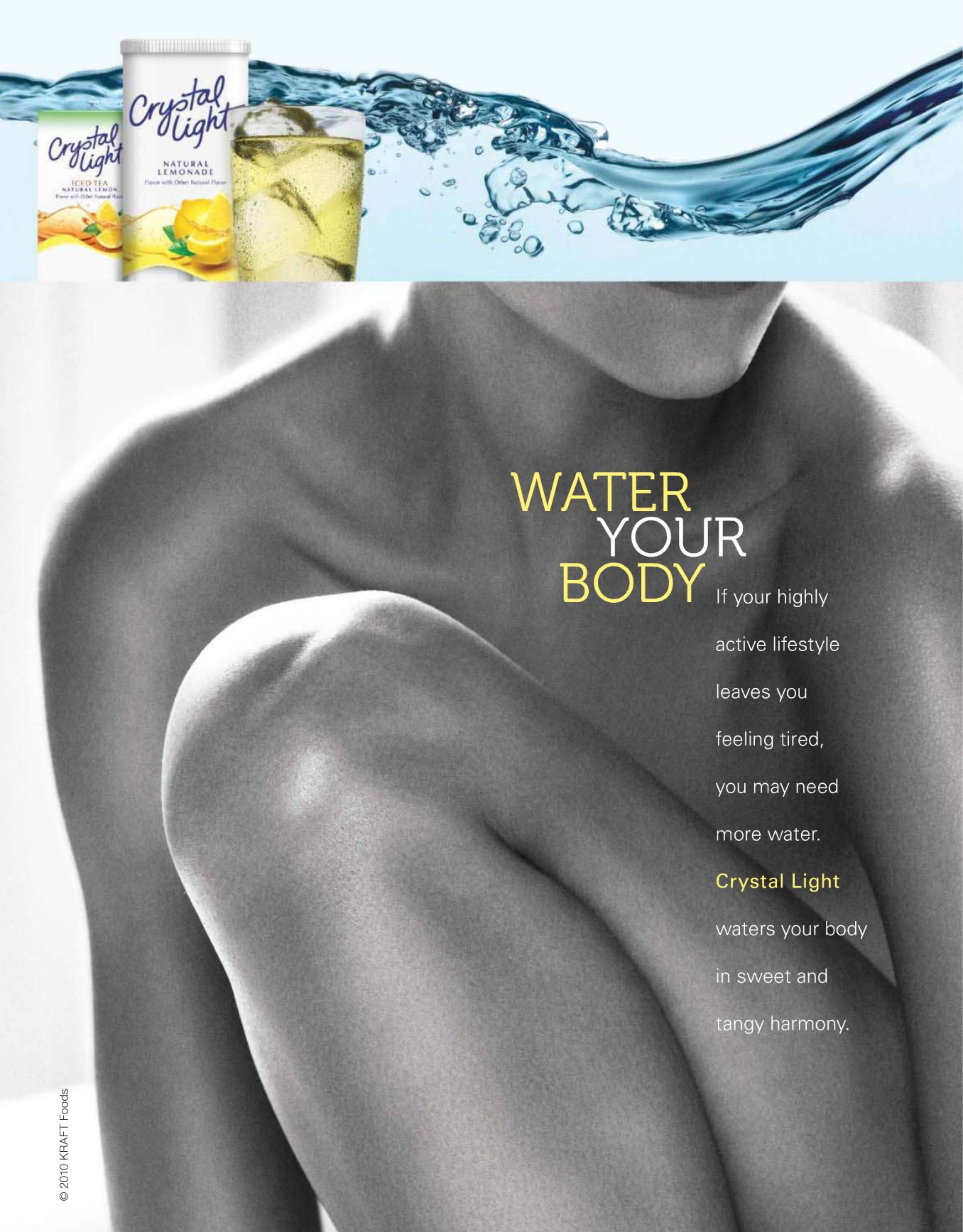
MY MOST PRIZED POSSESSIONS ARE ... Letters from the students in the Edible Schoolyard programs around the country and a first-edition M.F.K. Fisher.

MY EXERCISE ROUTINE IS ... Sometimes yoga. And just generally rushing around the restaurant.

MY BIGGEST FEAR ... That I won't be able to achieve all I hope for.

photograph by Rick Chapman


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NATURAL
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more water.
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